

ENTERPRISE NEWSLETTER

VOLUME 1, ISSUE 7

MAY 2011

CELEBRATING THE UNCELEBRATED GREAT SUCCESS!

The 10th 'Celebrating the Uncelebrated' and Art MOVES! 2011 Art Show event at the Embassy Suites on May 12th was a stunning success.

An evening replete with recognition—honoring the contributions, commitment and dedications of the Marin County Mental Health Community.

Our Enterprise community gave standing ovations for our three award recipients, Steve, Leah and Matt. When asked, Steve said "the way the audience received me was gratifying." Leah expressed that "It as a wonderful experience for me. I had a mixture of feelings: I was honored, nervous, excited and anxious. Thank you to everyone who has touched my life." Matt's words of forgiveness and love were also appreciated.



MENTAL HEALTH FESTIVAL - MAY 26th, 2011

- To celebrate recovery of individuals living with mental illness.
- Music, Film, and Art are vehicles through which people can express their creativity and move forward in their recovery.
- We want to bring together the community to celebrate MH in Marin by connecting with the Canal Community, Marin city and our community partners.
- Community is essential in recovery and we want to create an environment where people can be celebrated for who they are and feel welcomed!
- Creating a Festival rather than a "service fair" to more fully honor HOPE and Wellness.
- The day will consist of music (hopefully a jazz band), games, raffles, food, art, and connection with others.
- We have commitments from many community providers already: ERC, Buckelew, Spectrum, HuckleberryYouth Services, Marin General, Family Service Agency, Marin Community Mental Health, Canal Community Alliance, Community Institute for Psychotherapy to name a few.

See Back Page For More Details



Marine Mammal Center Field Trip

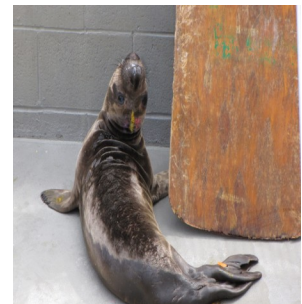
This trip was fun! On Thursday, April 14th., we watched the seals and sea lions in their outdoor hospital. We saw the staff move a few elephant seals to another pen. There were a few tours going on and we were able to listen in on them.

After we left the Marin

Mammal Center we ate our picnic lunch and walked on Rodeo Beach below the Center. The weather was mild and sunny.

We drove back on Bridgeway Avenue along the water in Sausalito and

talked about the good ole' days in Sausalito and Marin.



ERC Library Group Name Change



The Library Group is now called the Enterprise Resource Center Book Club. This change was due in part to engage more interest, and also, we are planning to improve the quality of

services. We want the ERC Book Club to be more user- friendly! We welcome you to stop by the LRAC room **Tuesdays from 1:30-3:30** to read books, hear presentations, and view

interesting films. We look forward to seeing you!



ILLUSTRATION BY ANTHONY RUBIO

EMPOWERING WOMEN: Women's Support Group



Every **Monday between 2:00-3:15pm**, the ERC hosts a women's support group. We create a safe, comfortable and always confidential setting for women to come

and share, listen, and learn. We talk about ways we are managing our lives with mental illness as well as talking about resources available to support us in doing so. We

welcome you to come by the ERC and join us in the large group room.



An ERC Perspective

I feel that in life and in the world, the path is filled with bumps and holes and unrecognized turns. The failure or success of State Programs has created the need for social programs in the private sector. The Enterprise Resource Center (ERC) is one of those places. I believe the ERC is



the bastion of the community and that the staff and volunteers are very dedicated to their work. Not only do they help those with mental health issues, they help those that are disenfranchised. My experience is that the ERC staff are not judgmental. They also provide a safe haven in the midst of chaotic circumstances to counsel, help and

direct people to resources that are needed. The counseling, the compassion, and the willingness to help people, have been very helpful. Through various trainings the staff continues to learn in order to maintain the excellence of the program. I believe we are truly blessed to have this center which provides us "shelter from the storm".

- Bill

SF Bay Area 2011 NAMI Walk

Walk for Bay Area Mental Health! Make a difference in the lives of people with mental illness!! In 2011, thousands of concerned citizens in over 80 communities will walk together to raise money. The money and awareness you raise through NAMI-

WALKS will support mental illness advocacy, research, education and support programs both locally and nationally.

Saturday, May 21, 2011

Lindley Meadow, Golden Gate Park, Please be there.

Check-In: 9:00am
Walk Start: 11:00am
Register to walk at
www.namiwalkSFbay.org
For information:
 800-556-2401



Whistlestop Rules

Whistlestop began serving Marin County with specialized transportation in 1969. Whistlestop serves residents and individuals traveling to or through Marin from San Francisco, Sonoma, Santa Rosa and Contra Costa County. You

can still arrange to be picked up as early as 3:00am and as late as 12Midnight!

With a current fleet of 50 vehicles, Whistlestop is able to provide over 400 trips a day to those unable to use public transportation. The

staff is hardworking and committed to providing the best service possible. To find out if you qualify for their services, call 456-9062. Visit their website at www.whistlestop.org to download their application. Call 454-0964 to schedule rides.

SAN MATEO CASRA CONFERENCE SUCCESSFUL



On April 27th & 28, 16 participants from ERC went to the CASRA (California Association of Social Rehabilitation Services) Conference in San Mateo. The participants included staff and peer counselor volunteers. There were many workshops

to choose from throughout the day ranging from Promoting the Dignity of Risk, How you Feel by Changing What You Think, Laughing your Way to Health and Wellness, Honoring Our Past, Embracing Our Future, etc.

It was a long day starting at 7:00am and returning home at 7:00pm, but we all learned something that could be applied to our personal lives or to our workplace.



Daphne



Michele & Linda



Peri & Lynda



Paul

AN INTERVIEW WITH MARIE TANNYHILL**By Margreet Winkler**

How long have you been writing stories about Perlie? I have been writing stories about 3 years.

You have a special talent writing stories and drawing illustrations of Perlie. Where did you learn to write stories for children and draw such excellent illustrations? I wrote my first story at home when I was 14 years old. During college I took more writing courses. I also took numerous creative writing classes at College of Marin's Community Education program, especially where one instructor said I have a talent for writing for children. As for drawing, I've taken many art classes. I have been doing drawing and painting since I was 5 years old in kindergarten.

Do you have any favorite story you wrote about Perlie's adventures? Yes, I do. It's the one about her going on an Australian nature and ocean surfing safari.

What inspired you to write and illustrate stories of Perlie? You did, Margreet, because you believed in my talents and abilities as a writer and illustrator.

How many stories have you written about Perlie's adventures? I have written at least 30 so far.

How many more stories of Perlie's adventures are you going to write? I am planning on writing many more. It's hard to say exactly how many.

Do you have any goals to publish your stories of Perlie? Yes, I do. I have been published already in 2 local newspapers and magazines, including "Highlights for Children" magazine.

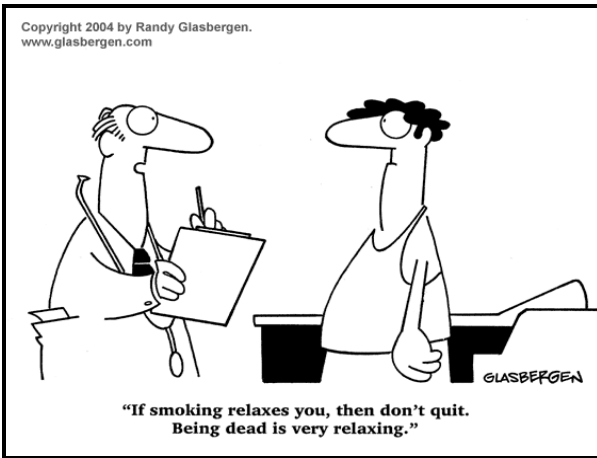
To change the subject, how many years have you been Director of the Warmline? I have been director of the Warmline six years this month.

What are your duties as an excellent Warmline Director? Handling the paper work, including the time and log sheets, phoning volunteers (warmliners) as to dates of meetings and when papers are due, helping to run the meetings, preparing the meeting minutes and giving them to the warmliners, updating personnel rosters, photocopying papers, and keeping the resource list and call-back list updated.

Thank you for letting me interview you. The pleasure is mine.



**ENTERPRISE
RESOURCE CENTER**
 3270 Kerner Blvd., Bldg. A, Ste C
PHONE: 415-457-4554
WEBSITE: camentalhealth.net
HOURS: 9:00am-4:00pm
Sat-Sun 10:00am-4:00pm
EDITOR: Cheryl August
GRAPHICS: Amber Byassee
CONTRIBUTORS: ERC Participants



Welcome to the 7th Edition of the ERC Newsletter. This is YOUR newsletter and we encourage you to give us your poems and positive recovery stories. Your views & positive experiences are highly valued.



**MENTAL
HEALTH FESTIVAL 2011**

Save The Date!

Thursday, May 26th 12-4:00pm

**ENTERPRISE
RESOURCE CENTER**

Bldg. A, Suite C

San Rafael, CA 94901

Art, food, festive, fun & free

Also a screening & discussion

Of the film:

A Beautiful Mind

Sponsored by Marin County Community

Mental Health Workforce Education & Training