

# CORNUCOPIA

**A place to lead    A place to learn  
A place to believe in ourselves**



January 2008, Vol.12, No. 1

## Recovery Stories: What Works for Betty

*Collaborative article between Betty  
Bracey and Donna Holzem*

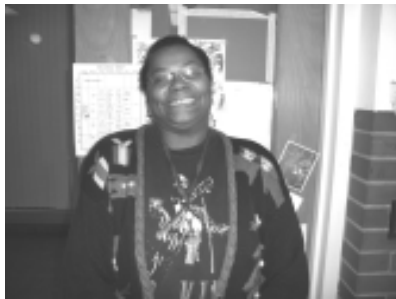
Art Therapy: I take a pencil in my hand and relax. I feel focused on what it is I am going to draw. This helps to relieve stress. It calms my emotions, and nerves and settles me down. It also helps to keep my mind active in a positive way. Gets rid of my anxiety and restless energy. It helps me keep my sobriety.

Drawing helps me to not get sad or depressed, it helps to maintain my sanity. It is very much a part of my lifestyle. I create a studio like space in my living room, until I have a real studio.

I use the right music to create my drawings. I start with pencil, then acrylics. I use bright colors; sometimes dark colors, depending on the picture, and sometimes my mood.

This whole process relaxes me mentally and physically.

*See Betty's drawings at State Street  
Gallery 109 State St. tel. 819-0304*



*Betty Bracey*

**Major funding  
provided by:**

**United  
Way**

United Way  
of Dane County



**Grassroots  
Empowerment  
Project**

Phone 608-257-7489

## My Favorite Art Form- Collage *by Donna Holzem*

I've always had talent(s) when it comes to art. It does seem to run in the family, though I'm the only one who has chosen to succeed at being a 'starving artist,' or should I say an aspiring artist.

Even though I have always had artistic flare, it took me well into my recovery; my late twenties, to realize that the collages that I had been doing for homework both inpatient and outpatient were art. My treatment team, including my Psychiatrist, Therapist, and Occupational therapist all realized this art form fit me like a glove.

I have self-portraits of all my selves, including Sixteen, My little ones, and My Insatiable One. Seven was my most complicated piece, especially because she emerged as a persecuting alter more than ten years after I'd been living with my other parts. I assumed Seven was an adult because she said all the verbally abusive things that grownups said to all of us. Each attempt at choosing pictures to be used, from my three drawer file of pictures and word clippings kept coming up with children and an occasional baby.

Finally I weeded out those pictures that were too young and was left with 6, 7, 8 even 10-year old girls all doing something fun. Running through the sprinkler, playing dress up, holding kittens and puppies, and playing at the park etc. the only words I used in the collage were "Imagine Getting More Comfort". "Somebody Loves You", and "You are Important, You are Loved". For months, Seven wanted the matted and framed—in gold art work placed on an easel in a predominant in my home, so I would see her every time that I walked by. For a long time Seven had a focal location in my studio. I have since moved on in my recovery; I've taken down the recovery piece and replaced them with more recent works of art; papermaking, photography, watercolors, acrylics, and water-based oil paintings. It's a nice change of pace. No more homework.



*Self Portrait: Seven by Donna Holzem*



*Black and White by Donna Holzem*

## **NEW CLASSES in January...**

**Deb's Beginning  
Watercolor Class  
1:00-3:00 Wednesdays**

**Calvin's Advanced  
Watercolor Class  
1:00-3:00 Mondays**

**Celia's Massage Monday  
January 21st 1:00-2:00**

**Support Group  
Thursdays 3:30-5:00**

E-mail [copia@sbcglobal.net](mailto:copia@sbcglobal.net)

[www.cornucopia-arts-inc.org](http://www.cornucopia-arts-inc.org)



# Cornucopia

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### Newsletter

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Attempt the impossible in order to improve your work.

— Bette Davis

*Hello and welcome to 2008!*

Cornucopia's twelfth year! There are actually a myriad of starting dates... 1995 folks started programming and the first newsletter. Incorporation came a year or two later... We've been evolving. 2007 brought lots of restructuring. And our first peer support group facilitated by Lori Kinnard graduated six students in December! They are now helping out around the office as greeters, phone answerers, peer supports to fellow members, and taking on new support roles in the office offering advice and suggestions for making Cornucopia a great place.

Our holiday party this year was special. We set up and decorated tables in the main office and about twenty people showed up. For some strange reason, the men gravitated to one table and the women to another. People brought wonderful food: desserts, chips, turkey and ham. Read about it in Deb's short article and accompanying pictures on page five of the newsletter.

Lori and Karen attended (one of three per year) Grassroots Empowerment Project grantee meetings in Pewaukee, Wisconsin on December 10 and 11. The meeting ended early due to a blizzard, but we had good discussions (with all ten GEP sites there) on confidentiality policies and effective peer support—how it works in general and how it fits into our specific organizations. Good discussions! Then we crawled home down the highway in the snow.

Look on the back cover of the newsletter to attend the Recovery 101 training. This will be a good introduction or reintroduction to recovery ideas. Think about coming to it. Lunch will be included and the topic is sure to bring up great discussion and thoughts. Join us here at Cornucopia.

Finally, if you're interested in helping out with the newsletter, call me. I'm looking for input and assistance. We're starting to train people to use InDesign. What an opportunity, huh, to learn to use that software program!

Happy New Year!

Karen



## MEMBERSHIP

Membership is open to past or present mental health consumers, family members, allies and supporters. Membership entitles you to participate in all activities for the current year (Jan 1- Dec 31) and entitles you to the newsletter. *Computer lessons are only open to consumers.* Participants in Cornucopia agree to help create a safe, friendly drug and alcohol free environment.

**DATE:** \_\_\_\_\_

### Yes, I want to be a member of Cornucopia

- Enclosed please find my membership fee of \$24.00
- Enclosed please find my membership fee of \$12.00  
(to be paid over two months for a total of \$24.00)

### OR: I want to subscribe to your newsletter.

- Low income \$8.00
  - Regular \$12.00
- Dues and subscriptions are not deductible as Charitable Contributions for Income Tax Purposes.*

**Yes, I/we support your mission and would like to make a donation to your organization.** I/we wish you the best in achieving your goals of providing a place for people's creativity and self-realization.

*Donations are tax-deductible.*

- Friend \$25
- Donor \$50
- Sponsor \$100

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

If you're new, how did you hear about us? \_\_\_\_\_

Please make checks payable to Cornucopia Inc  
Detach and mail this form to **Cornucopia Inc**  
**306 N Brooks St, Madison WI 53715-1002**  
Cornucopia reserves the right to administrate membership.

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## ACTIVITIES & NEWS BITS

Our new advanced watercolor facilitator, Calvin, has worked with watercolors since 1976. The class will be based on 5 distinct methods of watercoloring that should be second nature to a devoted watercolorist. They are wet-on-set, wet-on-dry, dry brush, the english method and sewing-up. He says anything is possible and all things can be accepted in art; but without these very basic techniques, there's not a whole lot of distance to be travelled. Come one, come all. Learn and grow.

Come explore your creative writing side in Mary's class every other week, Wednesdays Jan 9 & 23 3:30-4:30 pm. The class is at a **NEW TIME**. Mary knows about poetry and is a writer at the U-W. Mary will have some writing ideas for you.

### **Drawing & Painting Class/Workshop**

**Friday from 11am - 1pm**

Come on in and draw and paint anything you like with any medium you like. Choose from water-based oils, tempa, acrylic, water-color, pastels, chalk, Prismacolor pencils...just to name a few!

*Scott is ready and able to help you from start to finish.*

**Paul's class is Tuesdays 1:00-3:00 pm** Hi everybody, I'm Paul at Cornucopia. I host an art class on Tuesday afternoon. Please join us in making cards for people in institutions or who may be isolated for any reason. We spread joy.



***Clay, clay, clay! Tuesdays!!!***

***10:00-12:00 am***

*Come explore, expand ideas and relieve stress. I am here to guide you along with your projects; we do whatever folks dream up each week, so bring your dreams. Dana*

**NEW!!!**

***Massage once a month with Celia. Come get a chair massage on January 21 between 1:00-2:00 in the gallery room. All part of regular membership.***

Thursday afternoons from 2:00 to 3:00 is **Beginning Drawing class**. In January we will try other mediums along with drawing; watercolor for one in making our art projects. Join me in my other class. Check out that class on Wednesdays. See Debbie G. for any questions.

***Wednesdays with Debbie G.!: Beginning watercolor class will start on Wednesday January 9 at 1:00 to 3:00. Be there or be square. Or be around for the class... Ha ha ha. Join me for so much fun. You know it!***

**NEW Support Group at Cornucopia will meet here every Thursday from 3:30-5 pm starting January 3rd. The support group is for anyone and will include a different speaker talking for 5-10 minutes on that week's topic with the rest of the time devoted to attendees speaking about how the topic relates to their lives (or about a non-topic issue they're currently dealing with).**

Coin purses, belts, pattern samples, wallets if you want... it's all available, depending on your interest. Deb even has much more available than leather projects, such as wool purses or mittens, so come check out what's happening on Thursday at 12:30 in the gallery room with everyone! ***Leather and other projects.***

***Join Us for Wednesday night***

**Wellness Group!** Hope to see you there!

***January 2: Historical Views of Mental Illness***

***January 9: Self-Harm***

***January 16: Anger Management***

***January 23: Advocacy with Laure Quinart***

***January 30: Suicide Prevention***

Wednesdays 6:00 to about 7:30 or 8

*Karen Herro, BSN, RN*

***KARAOKE:*** This month's karaoke will be Friday, January 18th, 2:30-4:00 pm. Come join us, same place, same time, many songs. Sing, sing, sing!

Come join Games group on Mondays at 12:30 with Rich right after lunch... Yahtzee or Scrabble or play what you want to play. Rich says, "Bring your own game, whatever you want to play, too!" Come on in! Eat lunch for a dollar and then join in on Games Group. See you!

# Events near & far

*Tell them you saw the notice here. Let us know if a listing is incorrect. Thank you for your feedback!*  
**CALL US TO PUT YOUR NOTICE IN OUR LISTINGS: 257-7489**

## **Depression & Bipolar Support Alliance** support.

Laura 241-5788 / Mindy 233-0303 / dba@email.com

**Peer Support for Anorexia & Bulimia** National Association for Anorexia and Associated Disorders. 402 S. Gammon Firststar Building, Mineral Pt & Gammon, 7-8:30 Tuesdays 274-7042

**Overeater's Anonymous** 663-8823

## **Eating Disorders Friends & Family Support Group**

For those who have a loved one with an eating disorder  
6:30-8:00pm third Thursday, Rm. 4643, St. Marys Hosp. 276-7765

## **Eating disorders support group**

Mon 7:15-8:30 Covenant Presb. 274-5115

## **Interfaith Depression & Bipolar Support**

Thursdays 7-9:00 pm

Christ Lutheran Church, Stoughton Gary 873-1938

## **Mad Town Secular Recovery**

from alcohol or drugs Thur 8pm / Sun 9am  
Wil-Mar Neighborhood Ctr 608-220-7045

## **Madison Hearing Voices Group** Thursdays 2:00

Mental Health Center Rm. 14. Jenny Branks 608-446-0104 or jennybranks@hotmail.com.

## **Recovery, Inc.**

Self-help group for persons dealing with anxiety & depression. Mondays 6pm Kennedy Building Rm. 238, Steve 249-5230

## **Mild Brain Injury network**

Every 3rd Thurs 6:30-8pm at Meriter-Park, Madison  
Community Health Education Ctr Atrium 238-3571

**New Directions** peer support for separation or loss of relationship. Thur 7-9 St Dennis 245-0829

## **Rainbow Connection**

Social group for LGBTQ people who have experienced mental illness, 4-6pm 2nd/4th Thursdays. 255-8582.

## **Self-Management & Recovery Training**

Abstain from addictive behavior

Wed 7-9:00pm Wil-Mar Center 608-238-5176 ext.365

**Survivors of Suicide** of Dane County Support Group  
2nd and 4th Tuesday 7-9 pm 280-2700.

## **NAMI Dane County Support Groups**

Peer led, open to all. 249-7188 [www.namidaneconomy.org](http://www.namidaneconomy.org)  
United Way building, 2059 Atwood, Madison

**Family Support Group** Mon Jan 7 & 21 7:00-8:30

**Schizophrenia** Sat Jan 12 & 26 1:00

**Depression/Bipolar** Sun Jan 6, 13, 20, 27 @ 6:30-8:00  
and Tues 6:30-8:00 Jan 8, 15, 22, 29

**Madison Metro's new 31-Day Senior/Disabled Pass!** Get around Madison all month for \$23.50 Available at Metro headquarters, 1101 E. Washington or online at [mymetrobus.com](http://mymetrobus.com)

*If you want to attend an event but can't afford it, call the number listed and ask about scholarships.*

**New Directions Information Center** Consumer-run information center to facilitate community partnerships and provide quality choices for those seeking information about mental health/substance abuse services. **280-2674**

## **National Suicide Prevention Lifeline**

1-800-273-TALK [www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org)

*Callers receive suicide prevention counseling from trained staff at the closest certified crisis center in the network.*

**MOST: Mobile Outreach to Seniors Team** seeks to promote older persons' social, emotional and physical well being thereby enabling them to live more independent, satisfying lives in a setting of their choice. MOST is staffed by trained, experienced clinicians who are sensitive to the concerns of older people (55 or older). 8am-5pm. 280-2480 Pat Anderson.

**VSA ART SHOW** entry deadline January 22, 2008. A limit of three pieces. For more information call 608 241-2131 or email [vsawis@vsawis.org](mailto:vsawis@vsawis.org). See website [www.vsawis.org](http://www.vsawis.org).

## **Hancock Center for Dance / Movement Therapy**

**Dance / Movement Therapy** -a unique form of psychotherapy-integrates movement expression and verbal discussion to explore such topics as self- worth, body, and interpersonal relationships. [www.hancockcenter.net](http://www.hancockcenter.net) 606-251-0908

## **Four Agency Cooperative Effort (FACE)** offers

**group therapy** for Dane County residents:

Depression, fear, anger, aggression, ADD, women, men, loss, abuse, survivors , trans-parenting, body image, addiction & more. En Ingles y Espanol. 256-2358.

## **Job Seekers' Network**

*Free job search info & support* [www.danejobs.com](http://www.danejobs.com) for 9:00-11:00 Mondays free workshops and other Dane County Job Center services at Dane County 1819 Aberg Av, Rm 6, Madison Job Center. 608-242-4886 Lynda

**MANY VOICES:** This is a bi-monthly publication written by consumers."Words of Hope for People Recovering From Trauma & Dissociation. This publication is designed as an information exchange for treatment providers and survivors of trauma and dissociative disorders. Contact the editor at this email address; [LynnW@manyvoicespress.com](mailto:LynnW@manyvoicespress.com)

**Community car** is a member based carsharing service that provides cars by the hour for individuals & organizations. Check it out at [www.communitycar.com](http://www.communitycar.com) or 608-204-0000.

**Domestic Abuse Intervention Services** first group Wed. Jan. 9th 2008 for more information, use the 24 hour crisis line: (608) 251-4445, or 1-800-747-4045.

## **[www.soulfulliving.com/cultivatinggratitude.htm](http://www.soulfulliving.com/cultivatinggratitude.htm)**

Offers daily retreat, insights etc. Gratitude is the natural response in the way applause follows a bravo performance.



*Adam relaxes by the computers*

## *A Festive Feast to be had by All At The Holiday Party*

*by Deb Gehrke*

There was so much joy and lots of food.  
Like about 25 people or so came.  
The food was so great too, there were two kinds of meat. Turkey and ham.  
Side dishes to go with it, various kinds of chips and punch and pop.  
The faces that showed up were all happy and in good spirits. After the eating of the wonderful food, we broke up into two groups. One that went into the gallery to do karaoke. The other group stayed in the main room to play scrabble. Then the scrabble group was broken up into the beginners and the advanced. We were able to play one game and the party was over. We all got parting gifts and candy and a gift card for partaking in the games.  
We all went home happy just like grandma's house.



*Deb, Cora and Karen*



*As it happened, the men were at one table....*



*Adam and Kevin*

*...and the women at the other. Hm.*



*Donna and Ginger play a round of Scrabble*

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# Thankful you're thankful?

November 22, 2007

A growing field of research shows people who feel grateful are healthier. They cope better with daily stress, recover more quickly from illness, have less coronary heart disease and sleep better.

"There are studies showing that when you perform an act of kindness, even as small as letting someone into a lane of traffic, we get a little squirt in the brain of a neurotransmitter dopamine or serotonin that makes us feel better," said John Forsyth, a University at Albany psychology professor and director of the Anxiety Disorders Research Program at the university.

"When we receive an act of kindness from other people, we feel better too," he said.

In one experiment, researchers assigned participants one of three tasks at random. One group kept a weekly diary of five things they were grateful for, another group wrote five things that annoyed them, and the control group was asked to write about five events that affected them during the week.

At the end of 10 weeks, participants who kept a gratitude journal felt better about their lives as a whole and more optimistic

about the future than participants in the two other groups. They reported fewer health complaints and spent more time exercising. In follow-up experiments, people who kept a gratitude journal know — the judgment, unpleasant thoughts, a future that hasn't happened — and focus their attention on what matters in life."

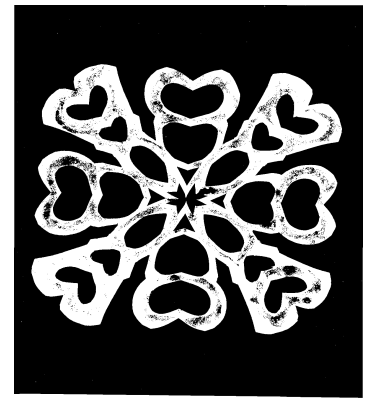
His book, "The Mindfulness and Acceptance Workbook for Anxiety" comes out in January.

Gratitude is a state of mind, Forsyth said. It's not that people who are grateful don't feel pain or mental anguish, they just look at it differently.

"It's a way of looking at everything and finding the value in everything," he said. "People can cultivate it by having an intention to look at every moment they have and everything they do as a gift. Things aren't good or bad, they just are. We call them good or bad, and that can be the trap."

Emmons has a list of 10 ways to foster gratitude, which includes keeping a gratitude journal and vowing to be a grateful person.

And if that doesn't work, go through the motions. Tip No. 9 says grateful gestures like smiling, saying thank you or writing a thank you note may trigger the real emotion. F. Crowley can be reached at 454-5348, or by e-mail at [ccrowley@timesunion.com](mailto:ccrowley@timesunion.com).



## Snow Flake

— by *Deb Gehrke*

Don't stop falling little snow  
flake  
Because I really want you so I  
can bake my cake  
Or even become awake  
For a walk  
Did you ever try to catch a  
little snowflake on your  
tongue  
Just for fun!  
They dance around your face  
all over the place  
Just to avoid the open space  
on or face  
Yet it's great to have one hit  
the sweet spot  
Right on the dot  
In the middle of the opening  
of your face  
To melt down the back of  
your dry space  
By the way wasn't that fun  
To be had by the tongue  
Don't stop falling little snow  
flake  
We need you so you can turn  
from flake  
Into a great big lake

## Adhd Kids Show Slower Brain Growth

Science News - December 10, 2007

Brain maturation in children with attention-deficit hyperactivity disorder (ADHD) lags several years behind that of children with no psychiatric or neurological ailments, according to a new brain-imaging study.

Developmental delays in ADHD hit a peak of 5 years in regions at the front of the brain's outer layer, or cortex, say psychiatrist Philip Shaw of the National Institute of Mental Health in Bethesda, Md., and his colleagues. These areas assist in controlling attention and in planning upcoming actions.

Kids with ADHD display the same sequence of brain development as healthy youngsters do, the researchers find. Sensory and motor areas attain maximum thickness first, before a thinning-out process begins.

Regions that integrate information from different neural sources then do the same. These findings indicate that ADHD

involves a slowing, rather than a derailing, of brain maturation, Shaw argues.

A slight developmental speedup occurs in the motor cortex of children with ADHD, the researchers note. A neural mismatch between an early-maturing motor cortex and a late-maturing frontal cortex might account for the restlessness and fidgety behavior seen in ADHD, they propose.




Shaw's group used magnetic resonance imaging to gauge the thickness of neural tissue at more than 40,000 sites throughout the cortex. The researchers scanned 223 youths with ADHD and 223 typically developing children, whose ages ranged from around 7 to 13 at the study's start.

Among youngsters with ADHD, much of the cortex reached maximum thickness at an average age of 10.5, compared to age 7.5 for the others. Shaw's investigation will appear in the Proceedings of the National Academy of Sciences.

# January 2008

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

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HOURS :	10-3	10-3	10-8	10-5	10-3	
		1 <b>New Year's Day</b>	2 Wellness Historical Views of Mental Illness Karen H. 6:00-8:00	3 Leather Work w/ Deb 12:30-2:00 Beginning Drawing Class w / Debbie G. 2:00-3:00 Support Group 3:30-5:00 Holiday Blues	4 Painting w/Scott 1:00-3:00	5
6	7 Games w / Rich 12:30  Advanced Watercolor 1:00-3:00	8 Clay & Open Studio Dana 10:00-12:00  Expressive Art w/Paul 1:00-3:00   new moon	9 <b>NEW!</b> Beginning Watercolor 1-3 with Debbie Gerke Creative Writing w/ Mary C. 3:30-4:30 Wellness Self-Harm Karen H. 6:00-8:00	10 Leather Work w/ Deb 12:30-2:00 Beginning Drawing Class w / Debbie G. 2:00-3:00 Support Group 3:30-5:00 SAD	11 Painting w/Scott 1:00-3:00	12
13	14 Games w / Rich 12:30  Advanced Watercolor 1:00-3:00	15 Clay & Open Studio Dana 10:00-12:00  Expressive Art w/Paul 1:00-3:00	16 Beginning Watercolor 1-3 Debbie G.  Wellness A n g e r Management Karen H. 6:00-8:00	17 Leather Work w/ Deb 12:30-2:00 Beginning Drawing Class w / Debbie G. 2:00-3:00 Support Group 3:30-5:00 Money Worries	18 Painting w/Scott 1:00-3:00   <b>Karaoke!</b> 2:30-4:00	19
20	21 <b>Dr. Martin Luther King, Jr. Day</b> Games w / Rich 12:30 <b>Massage</b> w/Celia 1:00-2:00 Advanced Watercolor 1:00-3:00	22 Clay & Open Studio Dana 10:00-12:00  Expressive Art w/Paul 1:00-3:00   full moon	23 Beginning Watercolor 1-3 Debbie G. Creative Writing w / Mary C. 3:30-4:30 Wellness A d v o c a c y with Laure K. Karen H. 6:00-8:00	24 Leather Work w / Deb 12:30-2:00 Beginning Drawing Class w /Debbie G. 2:00 -3:00 Support Group 3:30-5:00 Creative Coping	25 Painting w/Scott 1:00-3:00	26
27	28 Games w / Rich 12:30 Advanced Watercolor 1:00-3:00 <b>Open Board Mtg</b> 5-7:00 visitors welcome	29 Clay & Open Studio Dana 10:00-12:00  Expressive Art w/Paul 1:00-3:00	30 <b>January Birthday Cake</b> all day Beginning Watercolor 1-3 Debbie G. Wellness Suicide Prevention Karen H. 6-8	31 Leather Work w/ Deb 12:30-2:00 Beginning Drawing Class w / Debbie G. 2:00-3:00 Support Group 3:30-5:00 Cabin Fever	<b>January Birthdays celebrated on January 30th</b> the whole day: cake here for everybody Marble cake with cream cheese frosting	

Cornucopia is located at 306 N Brooks Street in Madison.

Events on this calendar may change. If you haven't attended a particular group recently, call to confirm day & time.

# **Mental Health and Substance Abuse Recovery 101 Workshop**

## **Free introductory training about recovery**

**open to both Cornucopia members and residents of Porchlight  
at 306 N. Brooks St. on Friday, January 25th from 9:00 am to  
3:00 pm in Cornucopia's main room**

Facilitated by trained consumer presenters (who have personal and professional experience in mental health and substance abuse fields) and staff from the Division of Mental Health and Substance Abuse Services.

Intended for consumers of mental health &/or substance abuse services, the purpose is to discuss the challenges & rewards of the recovery model including what recovery is and is not; plus, exploring relationships, environments, and supports that encourage the growth of individuals who are living with mental illness and/or substance addiction.

**Lunch and snacks**  
**RSVP to Cornucopia by January 22 at 257-7489**

It's January of 2008! Isn't it great that it still costs only \$24 for everything you get for membership: classes, newsletter, friends... And if you only want the newsletter, it costs \$12. Hope to see you soon!

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