



*"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it is the only thing that ever has."*

MARGARET MEAD

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## Seed of Hope

January 2007 from [www.facesva.org/pdf/articles/seed\\_of\\_hope\\_apr2007.pdf](http://www.facesva.org/pdf/articles/seed_of_hope_apr2007.pdf)

The signs of new and renewed life are bursting forth all around us as spring rushes toward summer. We are reminded of the tiny seed, a gift of nature, which contains all of the necessary ingredients to grow and develop. A seed can survive and grow in the hardest of environments, but given the proper planting medium, water, sunshine and room to grow, it will blossom and reach its full potential.

Scientific research from as far back as the 1800's indicate that 50%-80% of those diagnosed with mental illness can recover and lead normal and productive lives. Think how much this figure should improve given the promise of better medications, more hope and a universal understanding of what it takes for a person to get well.

This spring we offer you the gift of a Seed of Hope. Together we can plant and nourish it with education. Shower it with Advocacy. Warm it with Support and give it the space it needs to grow. Join us at **FACES** and watch the garden grow.

### ***Special Needs Trusts***

This month we will be looking at one of the ways we can best help our friends and family members who have been diagnosed with brain disorders.

Families are especially challenged by this group of illness because of the time it takes to get a diagnosis, the time it takes for the correct medicine to be determined and the often extended time it takes to rebound from relapse. It is not unusual for the recovery period to take a number of years.

Financial support is of utmost importance for the small percentage of people who may suffer from a lifetime of chronic illness, but it is also a much welcome assistance for those who have had their education disrupted or who have had their work history interrupted leading to a reduction of income and retirement . Think how much even a small addition might mean in the quality of life of your loved one who is working and trying to stay well in this time of rising costs.

For your peace of mind and the continued care of your family member, please plan to attend the Advocacy meeting on Tues, April 24th at 7:00pm at 11601 Lucks Lane, **FACES'** headquarters.

Web site for this month — [www.accessva.org](http://www.accessva.org). This site offers workshops on Medicaid, back to work programs, social security and other helpful financial information.