

# *Embracing Change,*

## *Maintaining Hope*



One thing we know is change is constant. From the moment we are born, we experience change. Change can be difficult but it also can be liberating. How we view change can determine our outcome. To embrace change means developing an attitude to accept change as a positive element integrating into our lives. At the Mental Health Association our leadership team are the roots that provides stability for our programs to exist. The staff are the branches that allows our programs and residents to flourish. By establishing a clear and motivating picture of what is possible, communicating progress, and celebrating milestones, the leadership team brings staff along in our quest for change.

Hope is trusting that no matter what happens, things will be okay. Maintaining hope can be challenging, in light of constant change. Despite facing circumstances that could drop us to our knees, by understanding hope is a choice, we recognize that choosing hope has allowed us to overcome any obstacle we have encountered.

By accepting change as something that is going to happen and embracing it, we allow for hope. We allow for the change, in whatever form it takes, to be positive. The change may be in the form of new acquaintances that, through hope transform into lasting relationships. The change may be in the form of new staff members or approaches to therapy that brings the hope of improved services for our residents. The change may be in the form of new experiences that, through hope turns into a new hobby or usable skill. The emphasis remains that change is inevitable and hope is optional. We choose to view change through the lens of hopefulness, allowing for these life experiences to be positive ones. Our staff and leadership team carry that hope as we prepare for changes yet to come and we are honored to help carry that torch forward!

Lianne Danko, M.Ed, PCHA  
MHA Residential Director

Kelly Halinka, MSW  
MHA-LTSR Asst. Director

Kelli Coniglio  
MHA-EPC Asst. Director