

Making A Difference – Power UP!

So often, what we hear of mental illness is negative. We hear the extremes and then are distorted with our perception of what mental illness is and what a mentally ill person is.

Then, when we are aware, you meet people that share your same mindset and the realization of the severity of mental illness – the truth, as it were; the fact that mental illness is life and death. The fact that our perceptions are very much distorted in how we react to those with mental illness and the burdens they face. One also realizes that we can be proactive in our efforts to help those with mental illness face those burdens. We can Coach and be Coached.

I had the privilege of meeting with Coach Doug Merrill and his team yesterday. There is nothing more powerful than Passion and Compassion coming together congruently with Determination. There is simply nothing more powerful.

I am encouraging you all to go the website www.powerupfoundation.com and educate yourselves on this mission. I also encourage you all to support their cause.

What Coach Merrill is doing, essentially, is igniting the flame of the human spirit in our kids. I can think of no other way to sum his mission up! His passion, his compassion and his determination are simply amazing.

All of my readers know what these three components are for me – Passion, Compassion and Determination. You know that fear doesn't enter into the realm of my mind when addressing mental health awareness. You know that I have a fire that is quite powerful and certainly ignited. I left our meeting yesterday as if I were a bonfire! And I want to share this flame with as many people as possible!

Please take the time to visit the www.powerupfoundation.com website. Buy the book "Facing the Demon of Suicide". For those of you that are educators... Our kids need this message – they NEED to get "Powered UP!" I am certainly going to do everything that I can to make sure that this message is heard and implemented in my region and I strongly encourage YOU to spread the word in your regions! You can contact the Power Up Foundation via their website. If you need any reference or anything that I may be able to provide or how we, in this area, are working to make this initiative a reality– email me. We will talk!

Coach Merrill has taken his athletic, competitive nature and turned it directly towards mental health – face to face and I along with many others will stand right beside him. We can, we will help promote wellness.

Thank you Coach Merrill and Thank you to your foundation – I am honored to consider myself one your players! I cannot think of a better gift to humanity than giving a young man or woman the ability and the tools necessary to not only know that they are worthy of life, they are worth anything they believe they can do!

Cross the finish line!!!!!!!!!!