

Hi. My name is Marci Tierney with Youth MOVE Maine, and this is a poem called:

Resiliency
By Helen Stiener Rice

How often we wish for another chance

To make a fresh beginning

A change to blot out our mistakes

And change failure into winning

It does not take a special time

To make a brand new start

It only takes the deep desire

To try with all our heart

To live a little better

To always be forgiving

To add a little sunshine

In a world for which we're living

Never give up in despair

Nor think you are through

For there's always a tomorrow

A chance to start anew.





2011 G.E.A.R. Parent Network winning poster, "Hand In Hand" by an 11-year-old Maine artist.

What Resiliency Means to Me

By Marci Tierney

Children's Mental Health Awareness Day - May 3, 2011

Hall of Flags, Augusta, ME

- This poem means a lot to me because I am making a fresh beginning
- Before, I wasn't involved with the community.
- Now, I want to get involved and help other people.
- I see that people need the confidence to speak up for what they want in life, instead of other people always telling them what they want for them.
- I didn't always have that confidence.
- When I was younger I didn't have a say in my services or supports.
- I was going through a lot of really hard family stuff and I fought with my mother constantly. We were always screaming at each other, fighting, she told me that I had to go to a therapist, but I never had a say in who that was or what services I got.



- Now, I have been working through the issues between my mom and I. We never used to listen to each other. We listen now to what we have to say.
- We have normal conversations and try to understand each other.
- Now I have a say in what I want to do, and that makes me feel good—I can make my own decisions, I'm not always being told what to do.
- I'm not as stressed as before. I used to really have a lot of depression and I thought nothing would ever get better. I had so much anxiety about my relationship with my mother. I was hopeless.
- Now I am getting treatment for my depression in the way that I want, that works for me. And I have a relationship with my mom that gives me a supporter that helps me to be more of myself now than I could ever be before.

