Letter from the Editor


This issue features a roundup of CRC activities and articles about the correlations between sleep and mental health and the benefits of community for emotional recovery. There’s also a clinician perspective about McLean Hospital’s Patient and Family Advisory Council and, as always, a note from Joanne, our Executive Director.

One article that particularly resonated with me is the one about sleep and mental health. I too have either overslept or had significant problems falling asleep. From my observations, most people have a sleep problem of some sort. That includes people who aren’t on a strong psychotropic medication.

The article about community highlights how different individuals and support groups have a beneficial effect on our well-being. Also, how personal experience in mental health allows people to help others with their own mental health recovery. In addition, the article addresses the need for more funds to be allocated for community care.

All of us at Resources for Resilience hope you enjoy reading this edition and wish you a happy and prosperous New Year.

Ken Gustin, Editor