

Idaho Recovery Awareness

Art Submissions - September, 2016

Part 2

September is Recovery Month

“Art is not what you see, but what you make others see.”

Edgar Degas

We have many talented people throughout the state who have opened our hearts and minds by sharing their innermost feelings. We hope you enjoy this collection of art relating to addiction and recovery submitted by Idahoans and that it inspires you as it has inspired us.

**-The Division of Behavioral Health
Department of Health and Welfare**

How to Grow Grain

The words of laughter like fleeting winds blow; but it's the tears of our eyes that makes the grain grow.

We cry on tear; He cries two. It's not the laughter but the tears that reward you. I will teach you how to suffer so the tears will flow; didn't I say earlier that tears make the grain grow?

So it's one step at a time, and a little bit to go, a little tear will help the grain grow.

p.s. Tears have taken me through some hard times, but it's when the rain stopped and the sun came out that I saw beyond the tears to nail scarred hands.

By: Bert Fiskum





Making a Raw Hide Hand Drum

Here is the wooden drum frame and cutting out the deer raw hide to fit over the frame, measuring and cutting it out.





Soaking the deer raw hide for a day in clean warm water along with the raw hide lacing



Lacing the wet deer raw hide onto the wooden drum frame with the wet raw hide lacing.

Drying the deer hide hand drum for 24-48 hours. Once it is done it is ready to be used to drum and sing with or to paint it.



Painted a tribal Eagle using acrylic paints, she said “this process was very healing for her to do with her hands,. This eagle represents the pride I have today being alcohol free”



Peyote Stitched Key Chain: Made while in treatment program, this person never learned how to do this kind of beading.



Three Strand Necklace and Earrings Set: This residents selected colors that reminder her of the area she comes from, the river. Making this project helped to focus on the positive parts of her community.



Wellness Bag: Made using Indian print fleece, leather and broad cloth material. Used to gather roots or berries.

Stretched Hide Project



6 Willows assembled with colored sinew make up the frame, the shape of the leather resembles a buffalo hide. Each quadrant is the four parts of self that make up the whole person: emotional, physical, spiritual, mental.



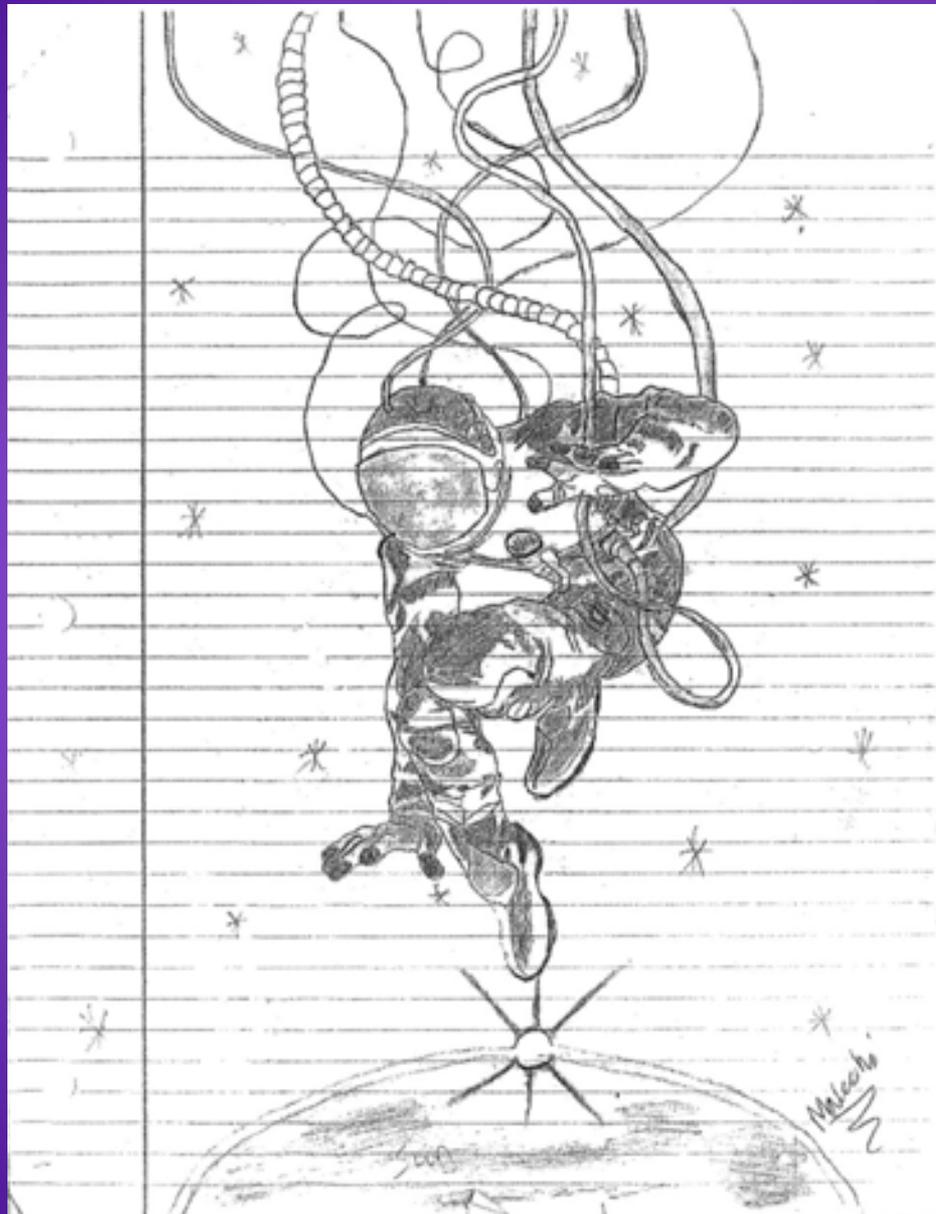
The center of this project is the yin and yang symbol which is where this individual draws strength from. The other symbols represent the areas of their lives they want to heal.



This individual draws strength from their happiness.



This individual draws strength from a balance of the flower of life.



Running

Running from all my lies just for my own amusement
My family said go get help and
I said that it was useless
If I found it, I used it
Just to deal with this pain of my past
Pass the pipe
Inhale
Elapse
Relapse
Right. Now I am dealing
With this high state of mind.
A lifelong search for that same buzz
But damn it's so hard to find.
You know I am constantly thinking
That I don't have enough time
That's why I'm writing
This poem, so I can change a few lives.

Lydia

Assman



BAD DREAMS

I lay down to rest at night frightened of the
dreams to come,
Praying that the demons stay away as the darkness be-
comes an every night
journey.

Then I visit you in my dreams.

I stand watching my life being taken away from me.
I stand and watch my soul set on fire with nothing to put
it out.

Everything I've worked for burned in front of my own
eyes.

I lay here lost, looking at the ashes on the floor, knowing
that they were once something

I've always worked for.

Then I woke up, sun shining down on me through the
blinds.

Demons are gone.

The beautiful and refreshing breath of life takes me
back to reality.

I was only dreaming.

- Koda "Little Bear"

There's broken glass
All over the floor, you
Better watch yourself man.
What are you doing this
For? At first it was just
A little fight and then next
I was screaming for my life.
Damn, what the hell did
This turn into? The wall
Right next to me is what
You put your fist through.
I kept screaming and kept
Telling him to stop. With
A big smile he said, "No
ones gonna' save you" My
Vision started going blurry.
I started thinking this was
All up in my head.
Man, this is as real
As it gets. That night
I felt like I would have
Been better off dead.

Lydia



Calamity Within

By: Patrick G.

*Look what I have created
Such beauty should be preserved*

*I am nearing the end
However my path still goes on
In my death I'll live again*

*You see my old friend
My time is up
I am nearing the end*

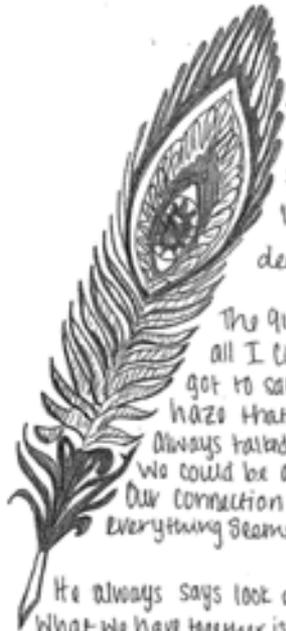
*It'll hurt now, like it did then
This is different just breath
In my death I'll live again*

*Let's both count to 10
It was nice knowing you
I am nearing the end*

*Told you this was no pretend
5. I'll miss our conversations
In my death I'll live again*

*He's no longer here
Now I can finally rest
I am nearing my end
In my death I'll live again*





Nothing like you ♡

So here it goes, you know what I suppose
We got this feeling but to me its like feeling
for a second my world was falling and you
were the only one calling, when I was
deep in a hole bawling.

The question now is how do we walk the other way?
all I could do is sit back and pray. That's all I ever
got to say, especially in this phase, things seem like a
haze that's about to pave and cave in on me. When you
always talked about a family tree, wanting me to see what
we could be and that special person is a hope. Please let us be.
Our connection is something bright, when we're together,
everything seems right.

He always says look at the light were high off around from this flight.
What we have together is tight, you could tell by our height. Soon you'll
see from your sight, we fly high as a kite. lit of from that pipe. Our love is like a
drug, sparks fly when we hug. it gives my heart a hug. He's my bug. ♡

Age wasn't nothing but a number but it was still a bummer, hooked up
in the summer and got that number, caught feelings for each other.
Soon became a lover.

Got hooked quick with just one lick, never got sick, remembering this
all was a flick.

Our patience for our love will send us a peaceful dove. ♡

xoxo
Destiny

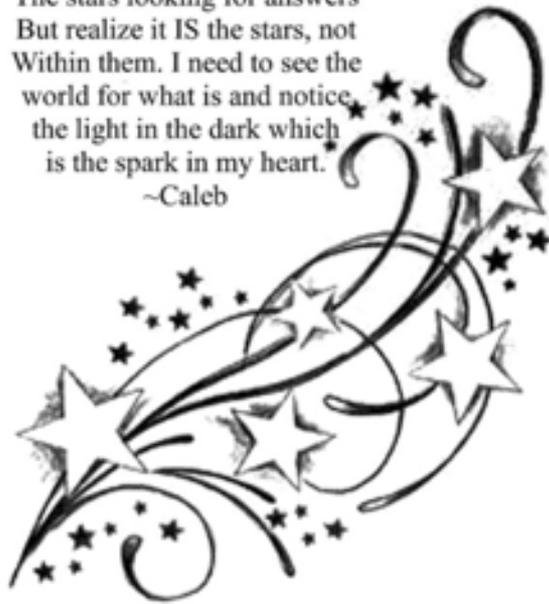


Kaitlin knows more than she thinks
And always tries her best
I love her for who she is
The toughest person I know
Loves me for who I am
I will always be there for her
Never ending, our love will be.
~ Allen

The answer is you
My own feelings are unknown
You take my love to the deep depths
Of the ocean floor and I drown my
Mind with thoughts of you.

At night I sit and stare, at
The stars looking for answers
But realize it IS the stars, not
Within them. I need to see the
world for what is and notice
the light in the dark which
is the spark in my heart.

~Caleb



Meth

By: Lydia

You don't let me eat at all

Keep me up all through the night

You are why I never call

Let them know I'll be all right.

It's so easy for you to say

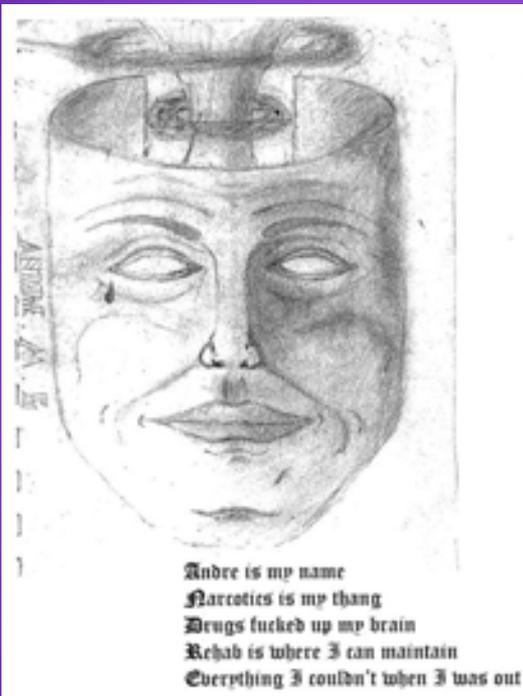
That you're really not all that bad.

Now I am with the right people

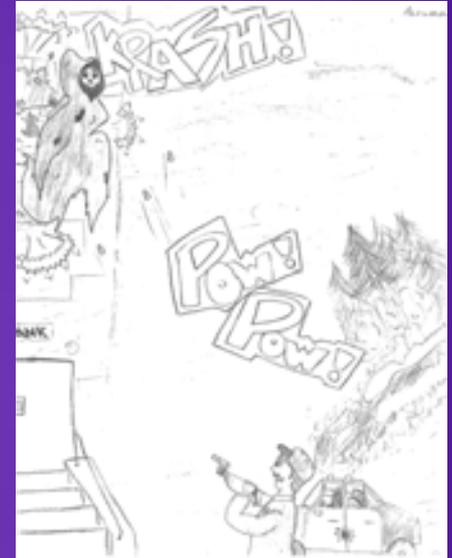
Going the right way.

And for that I am truly glad.





Love connected
Miles apart but still connected by
Love, here we are in each others
Thoughts, mourning each others
Presence, savoring the memory of
Our last kiss.
Caleb N.





For I caused the pain
 its the feeling of getting
 hit by a train. Got every-
 thing going on in my
 brain. All this trouble
 is making me insane.
 I think its time to switch
 lanes.

My dids turned into dorits, trying
 to reach the sky but cant even fly.
 to busy trying to get that high now where
 ff do I lie? All I did was try I feel that cry,
 now I just sigh. With no reply.

Trying to get real the game, Always stayed
 the same. So who am I to blame. Its just
 a big flame.

Made a promise to keep, something special that
 I seek noone else could peek its just that
 fleck of peep that I creep.

My success is on the line, Im just 10 blind from your
 kind, its that hard blind.

that I want to find. ♡

Destiny.

Stressed

By: Elizabeth R.

I wake up every morning scared
 Roaming the streets of lurking death
 waiting for anyone to care

No other high that could compare
 Like dancing blind and madly deaf
 I wake up every morning scared

In the worst my soul has been impaired
 Stuck in this swirl badly blessed
 waiting for anyone to care

Spirits and demons came and rebelled
 getting close to the end very stressed
 I wake up every morning scared

Like a animal feeling snared
 Wandering if it's my last breath
 waiting for anyone to care

Still trying to make myself repair
 Please show me that you're impressed
 I wake up every morning scared
 waiting for anyone to care





Just believe in yourself
Anything is possible
So try your hardest
Method to your madness
Invent something crazy and different
Never give up on yourself

Scars never disappear
Come to realize
Overcome your darkest fears
Think positive always
Through the pain
By Jasmin S.



Dear Meth,
I've had a very fun time using you in the past but now it's time to say my goodbye's and let you go forever. You have done this much to get me here which is really good cause if I wasn't here today I'd probably still be out there using n' getting locked up and really bad because who knows that you could've killed me and made yourself eat at me, slowly dying. And that's why I'm here today at the healing lodge getting sober and getting my act together so I can finish school/probation and finally be with my family and not in juvie. So goodbye and find someone else who doesn't want to be sober.

~Jordan



Love in Disguise

Hush now, everything's okay
Trust me with all your heart
I can take your pain away

I can change your world today
Just give in to me
Hush now, everything's okay

You needn't suffer any longer, okay?
So listen to what I say
I can take your pain away

There is no price to pay
You can be with me for free
Hush now everything's okay

Take that knife and pray
Pray to the one that has brought you pain
I can take your pain away

Dear child don't fret
You're safe now from the living
Hush now, everything's okay
I can take your pain away

By: Patrick G.



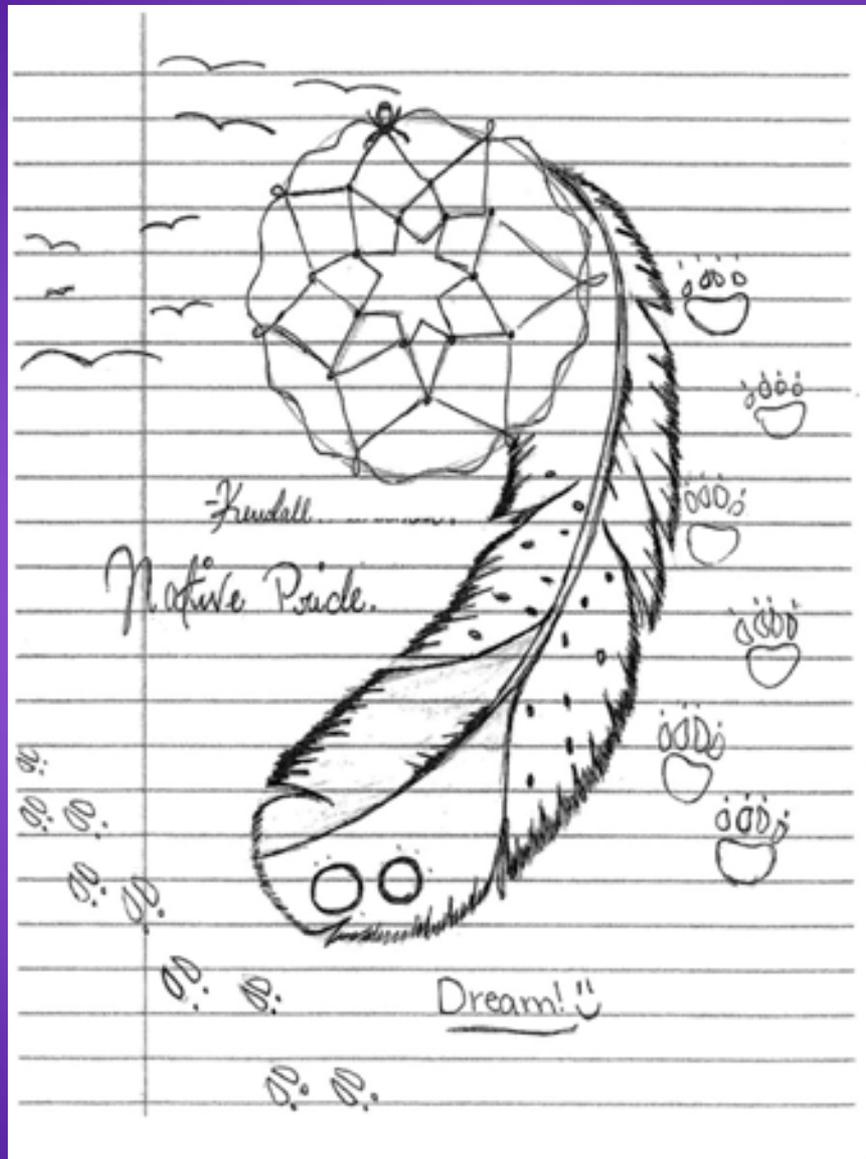
My name is Lawrence
and I am the dark
darkness is just who I am

Sometimes children
are afraid of me
and I just can't understand

So if it is black
and the hairs on the back
of your neck are standing on end

Don't be scared of the dark
'cause darkness is me
and I just want to be friends.





**I AM ANGER
I AM THE DARKNESS IN THE DEEPEST
CREVASSE OF EVIL; THEY CALL ME
THE DEVILS ADVOCATE AND YOUR MIND
IS MY PLAYGROUND. I TURN RESPECTED MEN
INTO FEROCIOUS BEASTS I AM A MAGICIAN
THAT PLAYS THE MOST DEVIOUS TRICKS ON
YOUR MIND. I AM THE RAGE THAT LEADS YOU
TO SIN, THE FIRE THAT BURNS IN YOUR
SOUL, AND THE DEMON THAT DRAGS YOU TO
HELL.**



Acrostic Poems are FUN

By Kirtis K.

Wrestling is all about the pain
Wham your on the mat
Reposition your move
Escape the reversal
Score 3 points
Take him back down
Leg lock and twist
Intense the pain even more
Now put him on his back and pin him
Go home and celebrate, get ready for
state.

Dangerous
As
Drugs

By: Tyus

Bouncing the ball
All around the court
Shooting 3-pointers
Kissing the backboard with the ball
Everybody having a good time
Tipping the ball into the hoop
Blocking your opponent
Ally oops
Love for the sport
Live for this life

By: Brenden M.

By: Nathen H.

Made
Of
Money

Traditional
Reservation
Indian
Brave
Educated

BY: Samuel

Perfect women

By: Kirtis K.

Fun to be around

Exciting personality

Must like my family

Always down to hunt

Loyalty is a must

Erotic in bed

Sexy all around

By: Nick B.

Mischigvously
Exhausting
Theft against
Humans

Made out of chemicals
Eats away at your body
Teeth are an illusion
Hate everybody

By Patrick M.

Health crumbles
Eating away at your sanity
Reversing all of your life's work
Opium fills your veins
Intelligence falls away
No turning back

By: Nathen

By Tyus

Now

All

This

Is

Very

Empyreal

Never will I give up

After all I've fought

The struggles I've faced

Here I stand

Eternally grateful for my self

Never will I give up

By: Nathen

Eagles hear my cry
As I pray all through the night
Ask for knowledge on why
My life has never been right
See if you will say
Something wise to help me sleep
I know I'll be ok
My secret you will keep.
~Lydia



**I got myself into something bad,
Meth is my best friend the only thing that had my back,
It twisted my soul, crushed my fate,
That false feeling of being happy,
The first line of the day made it ok...
It kept me in the dark and scared me from the light,
It was destroying me every night,
No one knows what it's like in your head...
It's a trap you can't get out of, someone help
The feeling of bugs in your skin, that wont get out,
It turned my insides out and made me weak,
The loss of friends and family watching my life fade away,
A beautiful girl slowly dying and fading away...
Once you're alone the pain is real,
Dying seems more real, than to deal with the demons that
lie beside me,
It's a world with unreality,
And all I got to say is not even once...**

- Tayla M.



Jasmin S.

The Spoken Language
By: Patrick C.

Without it I feel broken
I feel emptiness in my mind and heart
But with it I feel spiritually awoken

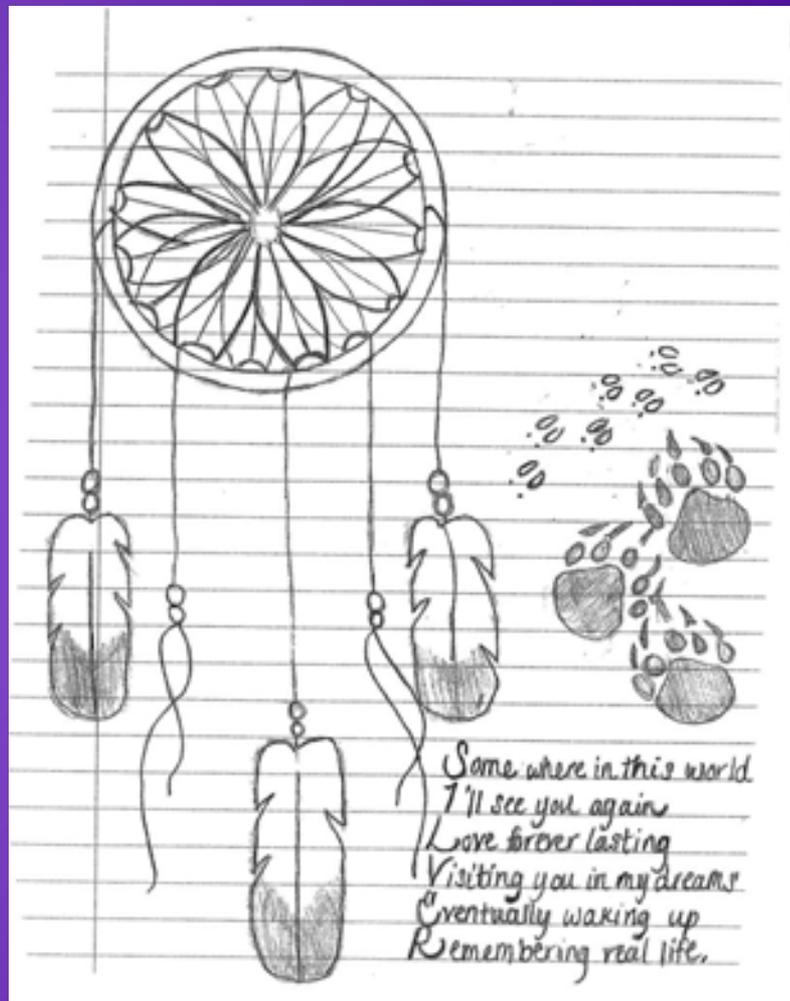
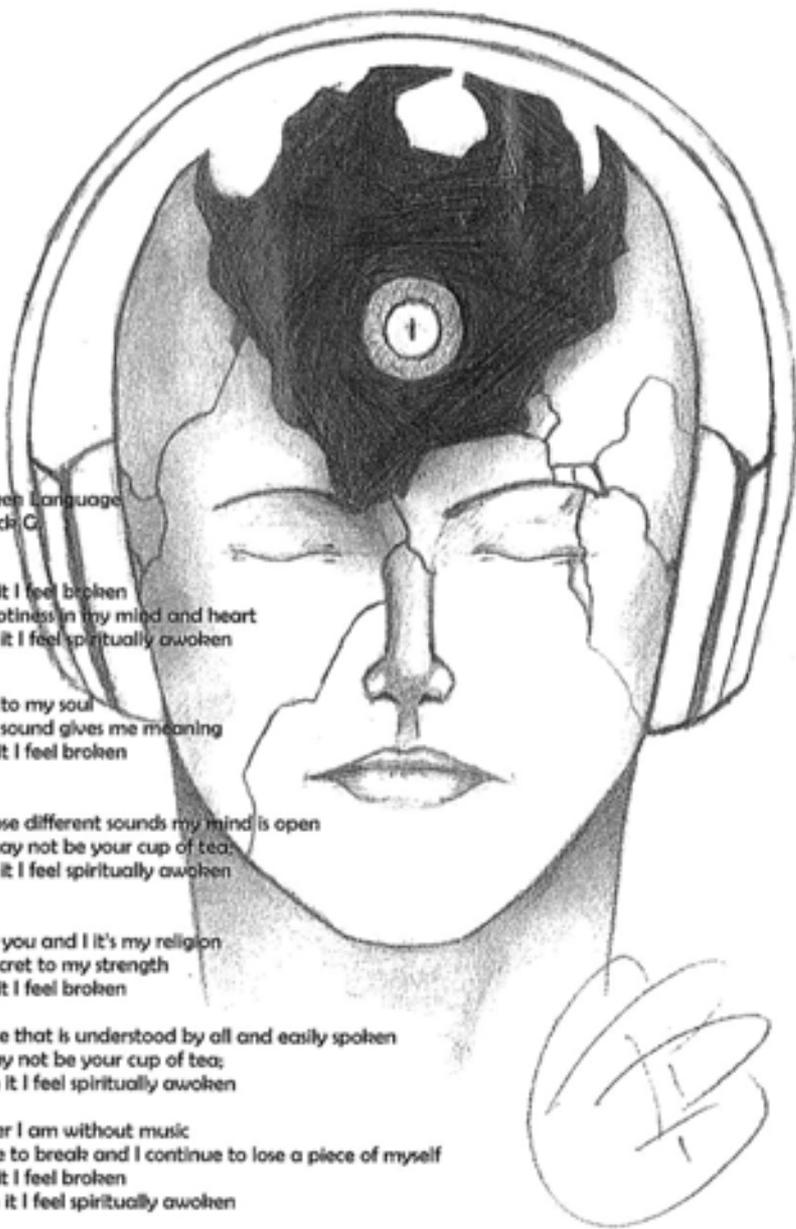
It speaks to my soul
The very sound gives me meaning
Without it I feel broken

To all those different sounds my mind is open
Others may not be your cup of tea,
But with it I feel spiritually awoken

Between you and I it's my religion
It's the secret to my strength
Without it I feel broken

Language that is understood by all and easily spoken
Music may not be your cup of tea;
But, with it I feel spiritually awoken

The longer I am without music
I continue to break and I continue to lose a piece of myself
Without it I feel broken
But, with it I feel spiritually awoken



Some where in this world
I'll see you again
Love forever lasting
Visiting you in my dreams
Eventually waking up
Remembering real life.

Car addict who doesn't
No what to do, praying to
God for forgiveness, who's
Emotionally destroyed &
Looking for help.



Devil

Devil in my dream
But I don't fear
Wake up with a scream
But people don't hear
When my eyes blink
Everybody's gone they disappear
Walking with stress in my chest
Look up to the sky and ask what's next
Is it sex or is it death
Evil spirits going through my head
Will I lay dead in bed
Or will I wake up instead
Because I got drugs rushing through my veins
Hearing the devil calling my name in my brain
Tell my mom she tells me to pray
I tell her I'm ok but I'm going insane
The devils telling me what to do
Wake up and put on your shoes
Because the little devil is coming for you.

-Dario ☉.



Mindset

Living in a body with a mindset
with drugs everything is alright.
Knowing
that's not the case
I still choose drugs.

Acting impulsively,
Pills cost me my life,
Alcohol sent me to emergency,
it's a miracle I'm still alive.

Addiction doesn't stop
until it gets what it wants
burying me six feet deep.

Ochean

