



The Ray of Hope

Newsletter of the Sunrise Wellness Center

Mental Health Association
of the Southern Tier
47 Broad Ave. Binghamton

August 2018

Please join us at our Open House

MHA**ST**

Mental Health Association of the Southern Tier, Inc.

Monday, August 13
12:00 noon – 2:00 PM

47 Broad Avenue, Binghamton

**Ribbon Cutting with the Greater Binghamton
Chamber of Commerce at 12:00 noon**

*Refreshments will
be provided*



Living with Depression or Bipolar Disorder? FIND PEER SUPPORT! FIND YOURSELF!

Depression and Bipolar Support Alliance (DBSA) offers on-line support, information, empowerment, and inspiration to help people living with mood disorders thrive.

DBSAAlliance.org . Chicago, IL . Resources: (800) 826-3632 . Staff: (312) 642-0049

Beyond mere understanding and acceptance. All the way to strength, resiliency, personal empowerment, and wellness. That's the fundamental, and transformational, service proposition of DBSA, the Depression and Bipolar Support Alliance (www.DBSAAlliance.org)—the world's largest peer support organization for people living with depression and bipolar disorder; its personal wellness center at www.FacingUs.org; and its newly integrated online programs of the Balanced Mind Parents Network at www.TheBalancedMind.org, supporting the families of children and adolescents living with mood disorders.

According to the Centers for Disease Control and Prevention (CDC), one in 10 American adults reports depression—25 million people just in the last 12 months. And approximately 2.6 percent of U.S. adults experience bipolar disorder, accounting for another 5.7 million people. That's more than 30 million adult Americans living with one of these mental health conditions. That's a lot of people! And the World Health Organization estimates that by 2030, depression will be the leading cause of disability worldwide. But there is great news on several fronts.

Peer support for people living with depression or bipolar disorder is close at hand from peers who understand the lived condition—because they're living it themselves. The Depression and Bipolar Support Alliance provides lifesaving resources accessed by more than three million people annually through their toll-free referral line, publications, online resources, and nearly 700 in-person support groups in 300 nationwide chapters—making DBSA the largest depression and bipolar peer support network in the U.S. According to DBSA External Affairs Executive Vice President Allen Doederlein, “We've learned that people living with mental health conditions are able to provide support to each other in ways that are significantly different from all others. We can ask better questions and offer answers based on our personal experience. We know what it's like to be affected negatively by these conditions and move into a place of wellness. It's our ability to support each other authoritatively, as only those with the lived experience can, that's a hugely valuable difference.”

All DBSA's tools and resources help people living with these conditions find their own personal path to wellness and a successful life. Doederlein continues, “Rather than focusing only on symptom reduction, we support the individual—working in partnership with whomever (or whatever) is best equipped to help them—as they determine their unique path to, and goals for, personal wellness and a thriving life. We promote a balanced approach to treatment; recognizing four treatment paths—peer support, personal wellness strategies, talk therapy, and medication—and respecting each person's choice to pursue and utilize one or more of them. It's up to the individual to determine the path to wellness that works best for them.” DBSA programs and service primarily focus on the first two treatment paths, peer support and personal wellness strategies—peer support for adults through its online resources and local in-person chapter services (www.DBSAAlliance.org), as well as support for families of children and adolescents living with mood disorders through its Balanced Mind Parent Network at www.TheBalancedMind.org, and personal wellness strategies through its www.FacingUs.org website (more on Facing Us below).

More and more, people understand the integral and equal nature of physical and mental health. As mental health stigma lessens, we see that mental health conditions cut across all boundaries of race, gender, nationality, educational and socio-economic status. They have been observed and reported throughout human history. When DBSA was founded, professional understanding and treatment for depression and bipolar disorder existed. However, perception and treatment were determined by others, i.e. doctors, researchers, politicians, and loved ones. “Our aim has been to take personal control of our mental health issues, focusing on our strengths and resiliency in our pursuit of wellness,” says Doederlein. “In the process, we're transforming the public perception of, and conversation about, depression and bipolar disorder.” Encouragingly, there's now a greater variety of integrative care modalities available to help individuals living with mood disorders take control of their health and drive toward complete and sustained wellness.

One tool that supports this integration is the DBSA Wellness Tracker (Tracker.FacingUs.org), which helps individuals monitor the many elements that influence emotional, mental, and physical health—tracking moods, well-being, symptoms, lifestyle, medication, and overall physical health. The Tracker report can be used to observe trends or patterns that might be influencing a person's wellness and, if desired, can be shared with a clinician to help evaluate treatment success.

Article continued on page 3 ...



FacingUs.org, launched in 2008 by DBSA, is an online home—a virtual clubhouse—where people living with depression or bipolar disorder can proactively engage in personal wellness activities.

Personalized tools are now available 24/7 to empower individuals with mood disorders to direct their own journey to wellness.

In the Facing Us clubhouse website at www.FacingUs.org, participants will find resources such as

Community—where members will not only find personal wellness tools, but also ways to inspire, and be inspired by, others.

Personal Journal—Many individuals find journaling to be a very helpful wellness tool as way to track their personal day-to-day experience, for creative expression, for daily reflection, and to acknowledge the positive aspects of their lives.

Wellness Plan—A plan puts the individual in control of their wellness and provides a clear picture of what they're working for every day. The Plan walks the visitor, step-by-step, through the creation of an action plan to help keep their day, and life, on course. •

Media Room—In the Media Room, visitors and club members can relax and refresh listening to meditations or yoga; identify with others as they view their video stories; be inspired by peer art in the gallery or music on Facing Us Radio; be amused by comedy clips; and access a variety of tools to calm or uplift their spirit.

Creativity Center—Podcasts, workshops and online courses help visitors and club members learn how to use their own creativity as a wellness tool.

Wellness Tracker—The DBSA Wellness Tracker helps a person better recognize potential health problems and mood triggers in their daily life. Each section of the DBSA Tracker's Wellness Report provides helpful information to help individuals better partner with their clinicians on treatment plans that address their overall health and well-being. The DBSA Wellness Tracker is also available as a mobile app for iOS and Android.

The Best Bottom Line NEWS—While depression and bipolar disorder can be life-threatening conditions, people can and do move beyond simple survival to live full, thriving lives.



The MHA ST FUNDAMENTAL FOLLIES

Original Peer Inspired Concept & Performance

"We are holding a general interest meeting for this years Fundamental Follies "

Everyone interested in being part of the show please plan to attend

**WEDNESDAY August 8th, at 1:00 PM
MHA
ST 47 Broad Avenue, Binghamton**

**Raymond Feleppa, MHA
ST S.H.I.P. Program
607-771-8888, ext. 323**

SUMMER FUN AND WELLNESS

How to check yourself for ticks, and safely remove a tick.

Why do a daily tick check?

A daily tick check is your best defense against long-term tick attachment. While yard treatments, clothing treatments, and repellents help you to avoid ticks, none of these approaches are 100% effective at keeping ticks off of you. However, a detailed, daily tick check, or an examination of your whole body, can help you detect a tick that somehow got past other efforts. Even if you did not go into tick habitat, daily tick checks can help you to find a tick that you might have missed the day before, but is now larger after feeding. Make daily tick checks part of your routine after you get out of the shower, when you get up in the morning, before you go to bed, or all of the above.

Sunrise Wellness Center Fieldtrip

August 8th
10 am to 3 pm

Visit the Beautiful Waterfalls of Ithaca, NY

*must pre-register, seating limited



LIVE IN TICK COUNTRY? DO A DAILY TICK CHECK!

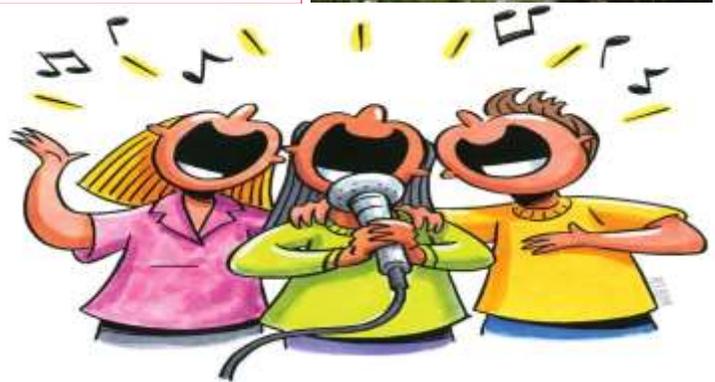
DON'T GET TICKED NEW YORK

Time for a tick check!

If a tick is found REMOVE IMMEDIATELY!

Use a mirror to inspect those hard to see areas

dontgettickedny.org • nysipm.cornell.edu



Broome County Library Hosting Karaoke for Adults

August 14 (5:30 pm to 7:30 pm)
185 Court Street, Binghamton

If you like to sing, come on down to the Library!
Snacks will be served and we will raffle off a Barnes & Noble gift card.

For more information, call the Library's Information Services Department at 607-778-6451



Peer Support Groups to look forward to this month....



Sunrise Wellness Center Peer Support

MHAST 47 Broad Ave. Binghamton NY

Men's Group Mondays 11 am to 12 pm

Women's Group Tuesdays 10 to 11:30 am

MHAST Endicott Peer Support Group

First United Methodist Church
53 McKinley Ave Endicott NY

Peer Support Group * **TWICE PER MONTH**

Wednesday August 1st - 4:00 pm to 5:00 pm

Wednesday August 15th- 4:00 pm to 5:00 pm

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MHAST Peer Support Group

Broome County Library
185 Court Street
Binghamton NY

Peer Support Group
Mondays - 4:00 pm to 5:00 pm

Sunrise Wellness Center Staff

Kim Taro
Director of Sunrise Wellness Center
(607) 771-8888 (ext 335)

Donna Parmer
Recovery Coach
& Community Connections
(607) 771-8888 (ext 309)

Cindy Casterlin
Recovery Coach & Expressive Arts
(607) 771-8888 (ext 303)

Janiece Miller Recovery Coach & Poet
(607) 771-8888 (ext 311)



PEER SUPPORT VALUES

CHOICE
NON-JUDGMENTAL
HOPEFUL
EMPATHY
MUTUALITY
RESPECT

WE CAN HELP
YOU SET UP
AN INDIVIDUAL WRAP PLAN

AND ASSIST YOU IN
ESTABLISHING A LIST OF LONG TERM
AND SHORT TERM GOALS
AND OFFER
SUPPORT
IN ALL
ENDEAVORS

YOU CAN ALSO MEET

ONE-ON-ONE WITH
A SUNRISE WELLNESS
PEER SUPPORT
RECOVERY COACH

* **Need Help ?**

* **Need someone to talk to?**

Our HOUSE
Crisis Respite Program
provides a 24/7
Peer Support Line

(607) 240-7291





In the Community

OUR HOUSE— A Peer-run Short Term Crisis Respite

Our house offers an alternative to emergency hospitalization for individuals 18 and older, experiencing mental crisis or emotional distress. Please contact us by telephone to discuss arrangements. Pre-registration is necessary, as we are unable to accept walk-ins. MHASt Binghamton, NY Telephone Contact: (607) 771-8888 EXT. 350

Dual Recovery Anonymous

Dual Recovery Anonymous™ is an independent, nonprofessional, Twelve Step, self-help membership organization for people with a dual diagnosis. Our goal is to help men and women who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.

Meetings are Saturday and Sunday @2:00pm in the Beacon Drop In Center

Broome County Urban League

SMART Recovery Meetings: every Wednesday @ 6:00 pm

The SMART Recovery® 4-Point Program employs a variety of tools and techniques to help individuals gain independence from addiction and addictive behaviors. SMART Recovery® teaches individuals how to change self-defeating thinking, emotions, and behavior and to work towards long-term satisfactions and quality of life.

The group will meet at Urban League on Carroll St Binghamton NY.

For more information, please call (607) 218-5945 or e-mail info@hope607.org.

SUNY ATTAIN Labs at Binghamton

ATTAIN provides communities access to new technologies, education, and technology training. These services are designed to ensure that adult learners succeed not only in college and the workplace, but also meet the emerging needs of employers in New York State. Call and register for an Orientation class!

SUNY ATTAIN Lab @ Broome County Urban League, Binghamton NY (607) 772-4765 or (607) 772-4765

OTHER SUPPORT GROUPS IN THE COMMUNITY

* **NEW LISTING Adult Asperger's Support Group** for information contact Alexandra (607) 722-0467

Sarah Jane Johnson United Methodist Church, Johnson City, NY meeting is 3rd Saturday of each month, 1pm—3 pm.

Bereavement Support Group

Location: Lourdes Hospice Office, 4102 Old Vestal Rd, Vestal, NY. Call Marie Halecki at (607) 584-9160

Depressive and Bipolar Support Group A weekly support group for those who struggle with depression. Open to the public. Drop ins welcome. Not affiliated with UUCB. Location: Unitarian Universalist Church, 183 Riverside Drive, Binghamton, NY. Mondays @ 7 pm to 9 pm Contact Bunny at (607) 239-4624

Family Support Group

For family members who have a loved one with mental illness. Location: Krembs 5 conference room, Binghamton

General Hospital on Wednesdays, from 6:30-8 pm. For more information call (607)762-2887. NO pre-registration required.



What's a WRAP ?

Wellness Recovery Action Plan

WRAP is a plan that teaches you how to keep yourself well, to identify and monitor your symptoms and to use simple, safe personal skills, supports, and strategies to reduce or eliminate symptoms. It is not meant to replace, but to complement professional health support and medications.

While developing your own WRAP, you will first want to spend some time developing your "Wellness Toolbox". This Wellness Toolbox is a listing of those things you may already know and do to take care of yourself and things you think would be helpful. Wellness Tools include things like developing a strong support system; peer counseling; focusing; relaxation and stress reduction exercises; journaling; creative fun and affirming activities; exercise; diet; and getting a good night's sleep.

Other "Tools" Developed:

- Daily Maintenance
- Triggers
- Early Warning Signs
- When Things Are Breaking Down
- Crisis Plan
- Post Crisis Plan
-

All of our peers are encouraged to come in and meet with one of our Recovery Coaches on staff, to develop their own personal Wellness Recovery Action Plan.

Call 771-8888 (ext. 309)

CureStigma

In 2018, NAMI will promote the theme of "**CureStigma**" throughout all awareness events, including Mental Illness Awareness Week which takes place from Oct. 7-13.

Why this cause is important: One in 5 Americans is affected by mental health conditions. Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. The perception of mental illness won't change unless we act to change it.

Campaign manifesto: There's a virus spreading across America. It harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence. It prevents them from seeking help. And in some cases, it takes lives. What virus are we talking about? It's stigma. Stigma against people with mental health conditions. But there's good news. Stigma is 100% curable. Compassion, empathy and understanding are the antidote. Your voice can spread the cure. Join NAMI, the National Alliance on Mental Illness. Together we can **#CureStigma**.

SWC Summer Recipe Corner



<https://www.chatelaine.com/recipe/stovetop-cooking-method/jumbleberry-jam-recipe/>

Jumbleberry Jam — Yum !

- 4 cups hulled and chopped strawberries
- 2 cups raspberries
- 2 cups blueberries
- 2 cups granulated sugar
- 1 tablespoon lemon zest
- 2 45gram freezer-jam pectin, such as Bernardin

Instructions

1. CRUSH strawberries, raspberries & blueberries in a large bowl with potato masher. (should have about 5 cups) stir in zest
2. STIR sugar with pectin in a medium bowl. Sprinkle over fruit. Stir until combined, then let stand 3 minutes. Stir again. Ladle into 6 clean 250 ml-mason jars, leaving 1/2 inch headspace.
3. WIPE rims clean, apply lids tightly, then let stand at least 30 minutes. Use right away or transfer jars to freezer for storage. Jam keeps well frozen, up to 1 year. To use, simply thaw a jar. Once opened, store jam in the refrigerator.



Mental Health Association of
the Southern Tier

Sunrise Wellness Center
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Visit us on Facebook at

<https://www.facebook.com/WellnessSunrise>

www.yourmha.com

The Sunrise Wellness Center is a free program offering support, education and social opportunities to promote mental, physical and spiritual wellness. This program is peer-operated and recovery oriented. If you or someone you know is in need of support or is looking for an alternative to traditional mental health care, please do not hesitate to contact us. The Sunrise Wellness Center is open to all adults, age 18 and over, and no diagnosis or referral is needed. The services can be used on their own or as a complement to traditional treatments.