



The Ray of Hope

Newsletter Sunrise Wellness Center

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

January 2018

Honoring Martin Luther King Jr's Legacy

Excerpt from blogspot by MLT
January 16, 2017

In honor of Martin Luther King Jr. Day. They asked the MLT Community to share their dream ... a collection of the responses they received are below.

What is your dream?

A world with greater tolerance and acceptance.

Leveraging an increasingly connecting world to ensure progress for everyone.

Living up to my fullest potential.

That everyone has access to good healthcare and wellness.

That the world becomes more culturally aware and culture sensitive.

True economic parity.

To advise the president one day.

That 2017 is the year we start healing as a nation.

That we all have equal access to good quality education.

Helping others fulfill their potential.

My dream for MLK day is creating stronger communities through the advancement of good health and economic opportunity. Our personal economic health and those of our communities are linked to easing social issues such as environmental, physical, and mental health, education, and many others. I want everyone regardless of income and upbringing to have and create the resources they need to meet their basic needs and be able to support themselves and their families.

(<https://ml4t.org/blog/honoring-martin-luther-king-jrs-legacy>)



“Peace is not the absence of power. Peace is the presence of love”

- Sri Chimoy





Binghamton Pond Festival



Contact Joanne Weir at MHASt by email if you'd like to volunteer or for more information: joanne.weir@yourmha.com

The BEACON

Has a New Location

Fairview United
Methodist Church

254 Robinson Street
Binghamton, NY

Saturdays (12:00—8:00 pm)

Sundays (1:00 — 8:00 pm)

Bus Route # 28

(607) 240-7291

Our Mission Statement:

To empower individuals in their journey of self-exploration and recovery.

To break down the barrier of stigma in all cultures, through education, peer support, community integration, outreach and engagement.

WARMLINE (607) 240-7291

Peers are available to talk if you need support.

Monday-Thursday	9:00am—4:30pm
Friday	9:00am—4:00pm
Saturday	12:00pm—8:00pm
Sunday	1:00pm—8:00pm

• Need Help?
• Need someone to talk to?

Peer Support Line
607-240-7291
Mon-Fri: 9am-4:00pm
Sat&Sun: 12noon-8pm

MHASt Mental Health Association of the Southern Tier, Inc. www.yourmha.com
Sunrise Wellness Center



BINGHAMTON POND FESTIVAL



SUPPORTING THE
MENTAL HEALTH
ASSOCIATION OF
THE SOUTHERN TIER

Three Weekends of Winter Fun for the whole family, all centered around outdoor activities

January 12-14, 2018 ASHA Games
January 20-21, 2018 Youth Outdoor Weekend
January 26-28, 2018 Adult Outdoor Weekend

Chenango Valley State Park (just a short drive
up Route 88)

More event details at www.bingpondfest.com.

Sunrise Wellness Center

encourages a self-directed approach to mental health services, and promotes mental, physical, and spiritual wellness.

My New Years Evolution

A Vision Board Journey & Personal Action Plan

January 16th, 1 PM to 4 PM

“Vision without action is a dream.

Action without vision is simply passing the time

Action with Vision is making a positive difference.”

- Joel Barker

Let us begin with the question:

How do I want to feel in this coming year ?





SUNRISE WELLNESS CORNER



Check out our new SWC Healthy Choice Classes :

Meditation Mondays (1:00 —1:30 pm)
for relaxation, stress reduction & personal reflection

What Does Recovery Mean to You? Jan. 4th (1:30 — 3:00)

Yoga @ VOICES Recovery Center Jan. 5th (10:30 — 12:30)
meet us there for yoga class or catch van from MHA
(Please PRE-Register)

Learning to Maintain Positivity Jan. 10th (1:30—3:00)

My New Years Evolution Jan. 16th (1:00 — 4:00)

Practice Holistic Self-Care Jan. 18th (1:30—3:00)

Deepak Chopra's Seven Spiritual Laws of Success

Introducing a practical guide to the fulfillment of your
dreams : Interactive discussion group

Class 2 Jan. 24th (10:00—11:30)

Class 3 Jan. 31st (10:00—11:30)

Affirmations to Support Wellness

Jan. 24th (1:30—3:00)



Groups to look forward to at the SWC this month....

Meditation Mondays: beginners most welcome (1:00 to 1:30)

Peer Planning Committee: invitation to join us and plan program activities for coming year Jan. 3rd (1:30—3:00 pm)

Expressive Arts Classes: creativity for clarity/personal growth

Expressive Writing Cafe Jan. 2nd (1:30—3 pm)
Spontaneous expressive writing. You may also bring in Poetry and music to share

What Color is Your Rainbow Jan. 9th (1:30—3 pm)
Interactive expressive arts and meditation

My New Years Evolution Jan. 16th (1:00—4:00 pm)
create a vibrant vision board & personal action plan

Open Art Studio Jan. 30th (1:30—3:00 pm)
we provide supplies and you may also bring your own

Computer Lab Jan. 11th & Jan. 25th (1:30—3:00 pm)

SWC COMMUNITY TRIPS

Yoga at VOICES Recovery Center 340 Prospect Street, Binghamton
January 5th, (10:30—12:30 pm) meet us there or catch a ride from MHA
* Please Pre-register

Excursion to AC Moore & Michaels **Jan. 23rd** (1:30—3 pm)
* shopping for personal art supplies, * please pre-register

Meet-up for coffee at That Coffee Place **Jan. 12th** (1:30—3:00 pm)
176 main Street, Binghamton. Meet us there or catch ride from MHA
* please pre-register

Visit Bundy Museum & Annex + McDonald's for self-paid snack
* Jan 26th (1:00 -3:30 pm) * pre-register

Excursion to Nearly New Thrift Shop & Salvation Army
* Jan 17th (9:30-11:30am) * please pre-register

* To REGISTER CALL (607) 771-8888 (EXT 301)
OR SIGN UP AT THE LOBBY FRONT DESK

MHA closed Monday, January 1st

YOU CAN ALWAYS MEET ONE ON ONE WITH A PEER SUPPORT RECOVERY COACH ON STAFF

PEER SUPPORT VALUES:

CHOICE
NON-
JUDGMENTAL
HOPEFUL
EMPATHY
MUTUALITY
RESPECT



WE CAN HELP
YOU SET UP
AN INDIVIDUAL
WRAP PLAN,
ASSIST YOU IN ES-
TABLISHING A LIST
OF LONG TERM AND
SHORT TERM GOALS
AND OFFER
SUPPORT
IN ALL

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 (ext 311)

Sunrise Wellness Center Peer Support Groups

MHA 47 Broad Ave. Binghamton NY

"Men's Group" Mondays 11:00-12:00 pm

"Peer Support Group" Mondays 1:30-3:00 pm

"Women's Group" Tuesdays 10:00-11:30 am

In addition, the Sunrise Wellness Center offers an exciting variety of interactive activities throughout the month. There are community fieldtrips, expressive art classes, advocacy, health and wellness programs, computer labs, meditation groups and much much more !

"MHA Endicott Peer Support Group"

Wednesdays 4:00-5:00 pm
@ First United Methodist Church
53 McKinley Ave Endicott NY



In the Community

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 @ 6:00pm

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!

****Attending an orientation class is the first step for every new client; they will assess your existing computer knowledge and place you in an appropriate class. All services are free of charge and open to the community!****

****Call to reserve a spot in Orientation Classes in April****

OTHER SUPPORT GROUPS IN THE COMMUNITY

Bereavement Support Group

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

Depressive and Bipolar Support Group

Location: Unitarian Universalist Church, 183 Riverside Dr, Binghamton, NY. Mondays @7. Call Bunny @ (607)239-4624

Family Support Group

For family members who have a loved one with mental illness. Wednesdays @6-7:30

Location: Krembs 5 conference room Binghamton General Hospital from 6:30-8 pm on Wednesdays. 762-2887.

NO pre-registration required.



PEER SPOTLIGHT!

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; light; 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 your own personal WRAP!

Call 771-8888 (ext 309) to schedule an appointment!

ASK A VETERAN

is a recurring section in Recovery Update, in which Veterans are asked questions about their path to recovery. This issue of Ask a Veteran features responses from veterans at the Atlanta VAMC Psychosocial Rehabilitation and Recovery Center (PRRC)

We asked Veterans at the Atlanta VAMC Psychosocial Rehabilitation and Recovery Center (PRRC) : “

What advice would you give someone who is just starting in their recovery journey? Here's what they said:

- * Come to your meeting. Be true and honest to yourself.
- * Never give up. Be open— everyone here is in the same boat as you.
- * Learn what each class is about.
- * To be patient, get a true feel of the program. Have a positive attitude- all should fall into place.
- * Come to your classes. Don't make any excuses. Be realistic. Acknowledge you have a problem. Stay focused and it will work if you are willing.
- * Relax and try to comprehend what is being taught.
- * Love yourself first, be positive.
- * You made the right move. Give it a chance to set in.
- * Dedicate yourself to this work of self-betterment.
- * Attend class religiously and participate!
- * Suit up, show up, keep coming, be open-minded, let people know what's going on with you, stay positive.
- * Take advantage of everything you can.
- * Try to work on issues you are avoiding first, to get a feel for change and new hope.
- * Hey, you finally woke-up! You realized something about your life wasn't quite right. Now get around positive people who are on a similar journey as yourself; that have insight to what you are going through. Be open-minded for solutions. Look for the answers (solutions) not the problem.
- * I will tell them to take it minute by minute. You are not alone. This is a wonderful road that you are traveling on because you have just begun your journey of opening up and talking a new language. A language of hope, love and peace.
- * Hang in there

Recovery Update: A Psychosocial Newsletter Issue 4: Fall 2016
https://www.mentalhealth.va.gov/docs/RECOVERY_UPDATE_4_



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the Southern Tier

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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 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.