



The Ray of Hope

Newsletter of the Sunrise Wellness Center

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

March 2018

Celebrating WOMEN'S HISTORY MONTH

Let us take a moment to acknowledge the leadership and contributions of women, in shaping the history and ongoing evolution of the Peer Support Movement

OUR BOLD PROGRESSIVE REFORMERS RADICAL REVOLUTIONARIES & SOCIAL ACTIVISTS



Dorothea Dix

I come to present the strong claims of suffering humanity. I come to place before the Legislature of Massachusetts the condition of the miserable, the desolate, the outcast. I come as the advocate of helpless, forgotten, insane men and women; of beings sunk to a condition from which the unconcerned world would start with real horror.

AZ QUOTES

“Dorothea Lynde Dix (April 4, 1802 – July 17, 1887) was an American activist on behalf of the indigent mentally ill who, through a vigorous program of lobbying state legislatures and the United States Congress, created the first generation of American mental asylums..” Dix personally visited jails, alms houses and other facilities used to house the mentally ill and found widespread abuse. She strongly advocated for publicly funded state psychiatric hospitals, citing conditions of abject confinement...within cages, stalls, pens! Chained, naked, beaten with rods, and lashed into obedience .” Dix would eventually go abroad to continue her advocacy work, on behalf of the mentally ill, traveling to England and Europe.

Excerpt from article - https://en.wikipedia.org/wiki/Dorothea_Dix



Elizabeth Parsons Ware Packard: An Advocate for Cultural, Religious, and Legal Change (1816—1897)

“After twenty-one years of marriage and six children, Theophilus Packard committed his wife, Elizabeth Parsons Ware Packard to the Jacksonville Insane Asylum because she defied him by publicly, expressing her liberal religious beliefs.

Elizabeth spent three years in the asylum, and upon her release, she returned home and Theophilus confined her to the nursery. Elizabeth's friends obtained a writ of habeas corpus, and a public trial regarding her sanity ensued. The trial attracted national news coverage and resulted in the exploration and confirmation of Elizabeth's sanity. Elizabeth recognized that in order to effect legal change one must fight on several fronts - in the courts, at the legislative level, and with public education. She utilized the courts when necessary - to gain recognition that she was sane and to gain custody of her children. But she also saw the value in educating the public about her causes (insanity, married woman's property rights, and child custody rights) through her books and the benefits of lobbying legislatures to change laws. “

Excerpt from article by Jennifer Rebecca Levison
https://papers.ssrn.com/sol3/papers.cfm?abstract_id=406821

History Challenge: Match Up the Women Pioneers from the Peer Movement

- | | |
|------------------------|---|
| 1. Gayle Bluebird | A. Former First Lady, forged a career in public service as one of the nation's foremost advocates for mental health. . . |
| 2. Sherry Mead | B. Consumer Survivor, activist, author, & psychiatrist, best known for Personal Medicine and Common Ground. . . |
| 3. Judi Chamberlain | C. Psychiatric Survivor, a leader in mental health human rights, creates first Peer Specialist civil service position in USA, served as director for peer specialists. . . |
| 4. Pat Deegan | D. Consumer Survivor, activist & registered nurse, known for engaging arts community through <i>Altered States of the Arts</i> . . . |
| 5. Mary Ellen Copeland | E. Consumer Survivor, activist, social worker, develops intentional peer support & expert in trauma-informed services and crisis alternatives. . . |
| 6. Celia Brown | F. Consumer and researcher who studied consumer involvement in Creative Expression through the <i>Well-Being Project</i> , co-authored <u><i>Emerging New Practices in Peer Support</i></u> . . . |
| 7. Jean Campbell | G. Consumer Survivor leader, co-founder Mental Patients Liberation Front, author of <u><i>On Our Own, Patient- Controlled Alternatives to the Mental Health System</i></u> . . . |
| 8. Rosalyn Carter | H. Consumer Survivor, developed the Wellness Recovery Action Plan (WRAP) . . . |

CHALLENGE ANSWER KEY IS ON PAGE # 3 NO PEEKING



“ No person is your friend who demands your silence, or denies your right to grow”



Poet
Novelist
Activist

-Alice
Walker

To Volunteer for the Color Run Event , contact

joanne.weir@yourmha.com

HISTORY CHALLENGE ANSWER KEY

1. = D 2. = E 3. = G

4. = B 5. = H 6. = C

7. = F 8. = A

Information Resource was Academy of Peer Services, Historical Roots of Peer Svc.

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

• 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



Exciting Activities in March to cultivate a Healthy Mind, Body and Spirit Connection !!!

NOTE: Beginning in March, some of our Sunrise Wellness Classes will be offered at the Broome County Library, 184 Court Street, Binghamton. Please be sure to double check location when planning your class schedule. There is Something For Everybody !!!

Peer Recovery Support Group Broome County Library Mondays (3:30—5:00 pm)

Meditation Mondays Broome County Library (5:30—6:30 pm) begin your week with meditation to support relaxation, stress reduction & self-discovery. * Beginners most welcome

FREE 2 Be Me Classes: How to Become my Own Best Friend

Broome County Library Fridays (10—11:30 am) Interactive discussion and creative self – awareness activities from empowering guidebook Madly in Love with Me, author Christine Arylo. **March 2nd, 9th, 23rd and 30th**, each class explores a new theme ***no class March 16th**

Karaoke Broome County Library Wednesday March 28th (1:30—3 pm) “Singing (on or off key) improves breathing, relieves stress and boosts self-esteem and confidence, while also building social connections—according to Dr. Michael Roizen, MD “ and, It’s FUN !

TAG YOUR FIT ! MHASt with Wendy Hitchcock– Thursdays (1:30—3 pm) March 1st, 8th, 15th, 22nd and 29th A new interactive program to jumpstart your personal wellness goals for Weight Loss , Strong Heart and Vibrant Health. * introduce new topic each class

Stress Management Class MHASt Wednesday March 7th (1:30—3 pm) wellness strategies

Healthy Ways to Relieve Stress & Laugh Yoga with Carol: MHASt March 13th (1:30-3 pm)

TRIP to National Women’s Hall of Fame & Women’s Rights Historical Park:

Wednesday March 14th, (8 am— 4 pm) **\$3 entrance fee & money for lunch** or may bring your own * **Limited seating, MUST Pre-register**

Celebrating Women’s History Month Luncheon – A Special Presentation

MHASt March 20th (11am—3 pm)

CVAC Presentation on Domestic Violence MHASt March 21st (10—11:30 am)

Learning how to get help and assistance for domestic violence

Expressive Arts MHASt Location

UnSelfie Tuesday March 6th, (1:30—3 pm) create a self-portrait from the inside out

Poetry Café Thursday March 15th (10—11:30 am) Create and listen to poetry expressing love, self love, and self appreciation

OPEN Art Studio Tuesday March 27th (1:30—3 pm) we provide materials, you provide the creative spark

Arts & Crafts with Carol: March 7th (10-11:30) Balance Healthy Living, Handful of Gratitude

Arts & Crafts with Carol: March 29th (10—11:30 am) Mosaics Artwork



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

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MHASt Endicott Peer Support Group

First United Methodist Church
53 McKinley Ave Endicott NY

Peer Support Group Wednesdays 4 pm to 5 pm

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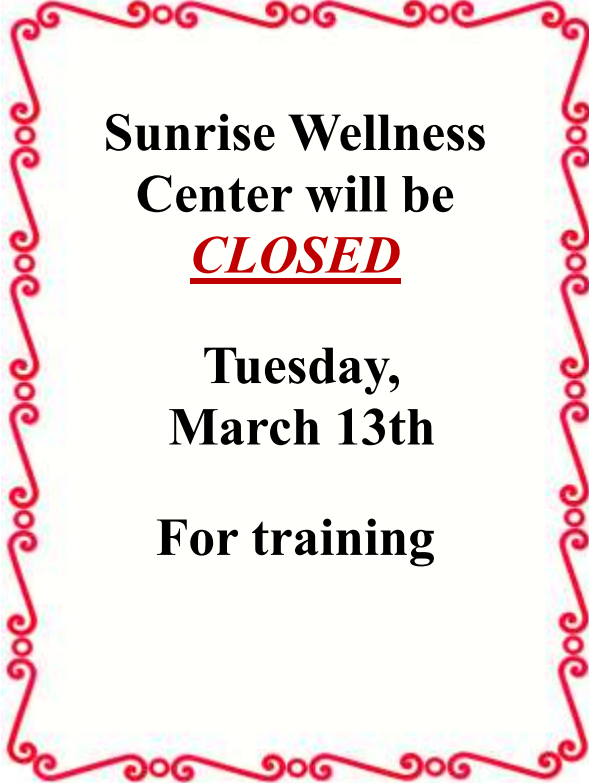
MHASt Peer Support Group

" A NEW LOCATION "

Broome County Library

185 Court St, Binghamton

Peer Support Group Mondays 3:30 pm to 5 pm



Sunrise Wellness
Center will be

CLOSED

Tuesday,
March 13th

For training

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

(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
PEER SUPPORT RECOVERY
COACH, ON STAFF**



**SUNRISE
Wellness Center**





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!

Peer Poetry Corner

Feeling small and all stirred up
afraid of the unknown
Oh, I want out !

Fireworks exploding, fiery red
orange yellow balls...
radiating through my chest

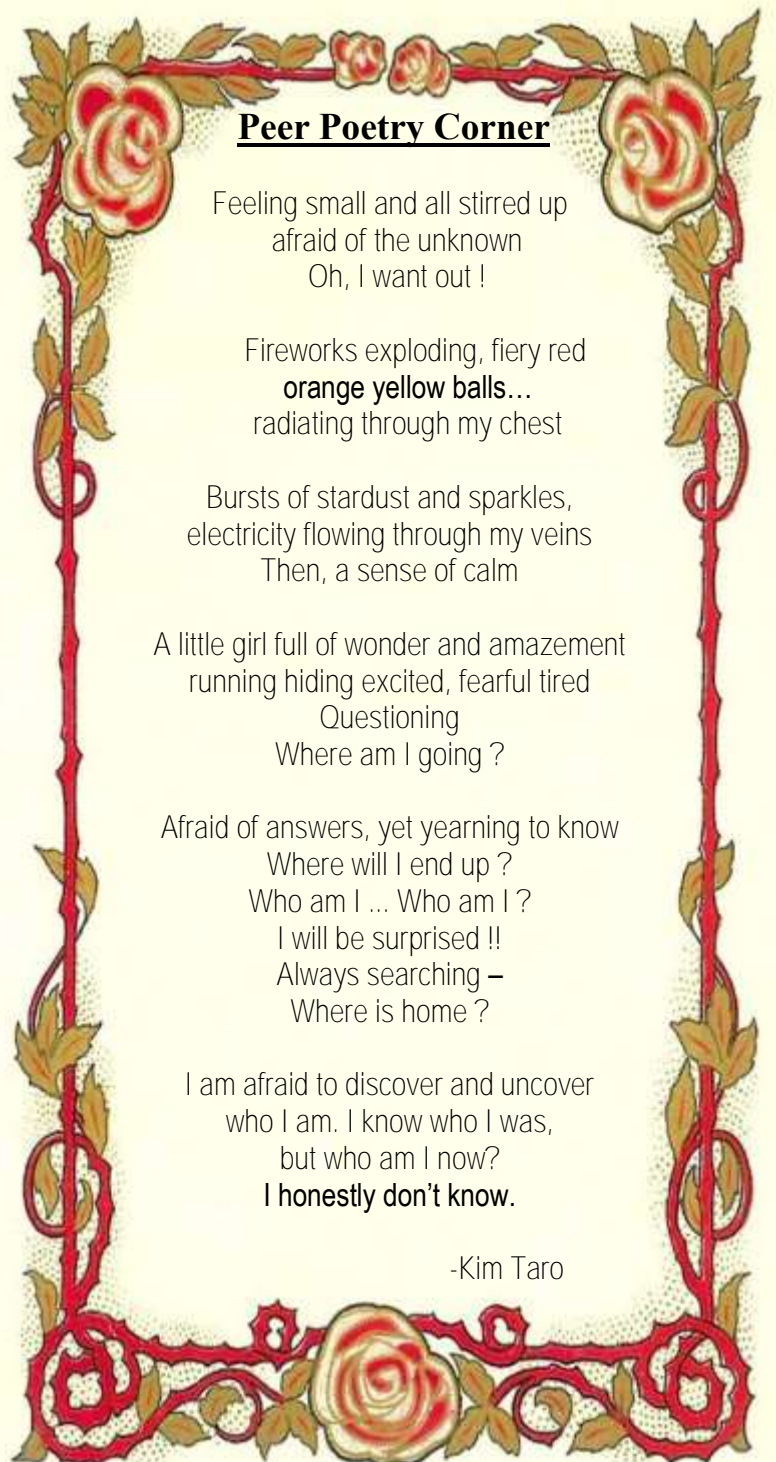
Bursts of stardust and sparkles,
electricity flowing through my veins
Then, a sense of calm

A little girl full of wonder and amazement
running hiding excited, fearful tired
Questioning
Where am I going ?

Afraid of answers, yet yearning to know
Where will I end up ?
Who am I ... Who am I ?
I will be surprised !!
Always searching –
Where is home ?

I am afraid to discover and uncover
who I am. I know who I was,
but who am I now?
I honestly don't know.

-Kim Taro





Mental Health Association of
the Southern Tier

Sunrise Wellness Center
47 Broad Ave.
Binghamton, NY 13904

Phone: 607-771-8888

Fax: 607-771-8892

E-mail: cindy.casterlin@yourmha.com

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.