

# The Ray of Hope

The Newsletter of the Sunrise Wellness Center

Mental Health Association  
of the Southern Tier

October 2017

**THE FUNDAMENTAL FOLLIES THEATRE COMPANY IN  
A POETIC PERFORMANCE**



## The Beat Goes On...

**October 25th  
2&7 PM**

**Know Theater  
74 Carroll Street  
Binghamton, NY**



Sponsored by:

**MHAST** | Mental Health Association  
of the Southern Tier, Inc.  
[www.yourmha.com](http://www.yourmha.com)



**Admission is Free!**

**Donations Accepted**

For more information call 607-771-8888

We invite  
you to enter a  
Celebration  
of Hope  
& Resilience  
as Songbirds  
& Peer Poets  
create an  
authentic  
journey  
and intimate  
reflection  
upon the  
personal  
experience  
of Recovery  
in Motion...



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

<p>Tuesdays, October 3rd, 5th, 10th &amp; 17th @ 1:30 — 3 pm Expressive Arts: collage, painting, poetry, music , and open studio</p> <p>Wednesday October 4th, @ 1:00 — 3:30 pm Painting Party with Carol, step by step instruction * please pre-register, class size limited</p> <p>Friday, October 6th @ 10: 00 am —11:30 am Holistic Approach to Seasonal Affective Disorder (SAD)</p> <p>Friday, October 6th @ 1:00—2:30 pm Tour of Phelps Mansion * Please pre-register</p> <p>Wednesday, October 11th, @ 12—2 pm <b>Nancy's Rock Art Excursion, distributing the rocks we have been painting in downtown Binghamton. Meet at MHA</b></p> <p>Wednesday, 11th and 18th @ classes 1 — 2pm Nutrition Wellness Class with Jennifer Vallone , RD, CND and individual sessions available by appointment * pre-registration, contact Front Desk *</p>	<p>Thursday, October 12th @ 10—11:30 am (MBCT) Exploring Mindfulness-Based Cognitive Therapy Practices</p> <p>Thursday, October 19th @ 1:30 — 3:00 pm A Step Toward Forgiveness: interactive class, making a step toward healing by letting go of the past and embracing your future</p> <p>Friday, October 20th @ 10 — 3 pm <b>Trip to Pine Ridge &amp; Frog Pond Farmer's Market</b> bring money for grocery purchases and lunch *pre-registration required</p> <p><i><u>Fundamental Follies Performance: The Beat Goes On</u></i> <i>Wednesday, October 25th Know Theater, Binghamton Shows (2 pm and 7 pm) , Admission Free, Donations Accepted</i></p> <p>Tuesday, October 31st @ 1:30 pm—3:00 PM HALLOWEEN PARTY, BC Library, Decker Room, Pre-Register</p> <p>TO REGISTER CALL (607) 771-8888 (EXT 301) OR SIGN UP AT THE LOBBY FRONT DESK</p>
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### \*You can always meet one on one with a Peer Support Recovery Coach on staff!\*

We can help you set up a WRAP plan, assist you in establishing a list of long term and short term goals, and offer support in all endeavors!



#### PEER SUPPORT VALUES:

- CHOICE
- NON-JUDGMENTAL
- HOPEFUL
- EMPATHY
- MUTUALITY
- RESPECT

#### Kim Taro

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

#### Donna Parmer

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

#### Cindy Casterlin

Recovery Coach & Intentional Creativity  
(607) 771-8888 ( ext 303 )

#### Janiece Miller

Recovery Coach ( ext 311 )

### Sunrise Wellness Center Peer Support Groups @ MHA 153 Court St 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, summer gardening and much much more !

#### "MHA Endicott Peer Support Group"

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



## NYAPRS 35th Annual Conference, Stand Up Together for Recovery

Participants from MHASt Compeer Program & the Sunrise Wellness Center enjoyed the wonderful interactive workshops addressing empowerment, advocacy, health, healing, peer support, training and the structure of recovery services. It was an awesome opportunity to connect and network with peers from across the state. We also took full advantage of social activities, including massage, the evening dance party and open mic performances. Our very own Donna and Janiece were among the sassy models featured in the Annual Peer Fashion Show.



MHASt was honored to receive the Marty Smith Memorial Award, in recognition of exemplary contributions to the advancement of services for people with psychiatric difficulties in NYS.



### Our Mission Statement:

To empower individuals in their journey of self-exploration and recovery and break down the barrier of stigma in all cultures through education, peer support, outreach, community integration and engagement

### WARMLINE

Peers are available to talk if you need support.

(607) 240-7291  
Monday-Friday  
9:00am—4:00pm  
Saturday and Sunday  
12:00—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](http://www.yourmha.com)  
**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](mailto:info@hope607.org).

## Community Resource Fair

October 12, 2017, ( 1:00 PM – 5:00 PM ) Broome County Public Library  
185 Court St. Binghamton, NY 13901

Hosted by NYSEG, Family Enrichment Network & UnitedHealthcare Community Plan

## Out of the Darkness Community Walk

October 14, 2017 ( 10:00 am - 2:00 pm) Otsiningo Park

MHAST helps to sponsor this event, organized by students at SUNY Binghamton and the American Foundation for Suicide Prevention.

Money raised benefits the AFSP. ***For more information, please contact:*** Almasa Talovic & Tracy Tuttle  
(607-760-2163) [ttuttle1@binghamton.edu](mailto:ttuttle1@binghamton.edu) or: 607-651-3241

## 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

### Those Left Behind

A monthly support group for people who have lost a loved one to suicide. For dates and times call @762-2887

### Family Support Group

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

Location: Private Dining Room on Level G at Binghamton General Hospital. NO pre-registration required.



## Complementary, Alternative, or Integrative Health: What's In a Name?

We've all seen the words "complementary," "alternative," and "integrative," but what do they really mean?

This fact sheet looks into these terms to help you understand them better and gives you a brief picture of NCCIH's mission and role in this area of research.

### Complementary Versus Alternative

Many Americans—more than 30 percent of adults and about 12 percent of children—use health care approaches developed outside of mainstream Western, or conventional, medicine. When describing these approaches, people often use "alternative" and "complementary" interchangeably, but the two terms refer to different concepts:

- If a non-mainstream practice is used together with *conventional medicine*, it's considered "complementary."
- If a non-mainstream practice is used in place of **conventional medicine**, it's considered "alternative."

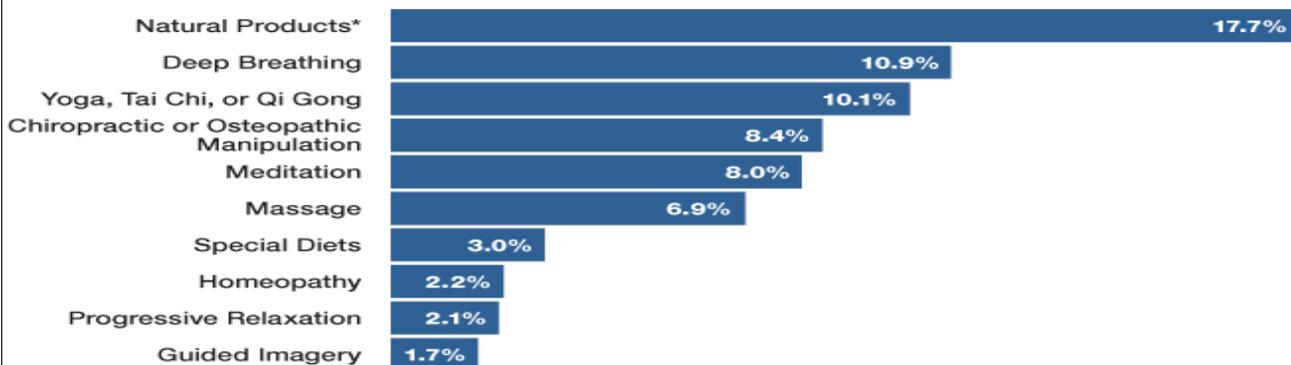
True alternative medicine is uncommon. Most people who use non-mainstream approaches use them along with conventional treatments.

### Integrative Medicine

There are many definitions of "integrative" health care, but all involve bringing conventional and complementary approaches together in a coordinated way. The use of integrative approaches to health and wellness has grown within care settings across the United States. Researchers are currently exploring the potential benefits of integrative health in a variety of situations, including pain management for military personnel and veterans, relief of symptoms in cancer patients and survivors, and programs to promote healthy behaviors.

NCCIH generally uses the term "complementary health approaches" when we discuss practices and products of non-mainstream origin. We use "integrative health" when we talk about incorporating complementary approaches into mainstream health care.

### 10 most common complementary health approaches among adults—2012



\*Dietary supplements other than vitamins and minerals.

Source: Clarke TC, Black LI, Stussman BJ, Barnes PM, Nahin RL. Trends in the use of complementary health approaches among adults: United States, 2002-2012. National health statistics reports, no 79. Hyattsville, MD: National Center for Health Statistics, 2015.

For more information the complete article can be accessed at the National Center of Complimentary and Integrated Health (NCCIH) <https://nccih.nih.gov/health/integrative-health#cvsa>

**MHAST MOVING DAY UPDATE:** The renovations at our new building location on 47 Broad Avenue, Binghamton New York are coming along well. MHAST programs and services will continue at our current Court Street location, through the end of October. Projected date of the move to our Broad Avenue address is November, 2017.



### First Friday October 6th Art Show Spotlight



### 3rd Annual Re-Entry Art Show

amazing artwork produced by formerly incarcerated individuals followed by an interactive workshop:

Art Show 4:30-6:30 Workshop 5:30-8:00

WHEN: Friday October 6, 2017  
WHERE: University Downtown Center at Binghamton University 67 Washington Street

COST: FREE of charge for all who wish to learn and enjoy the First Friday Art Walk.

Kindly RSVP Reserve your seat Online: <https://continuinged.binghamton.edu/registration.php?cid=2017479>  
Questions: Jeff Pryor, 607-778-1364

If you wish to receive 2 Social Work Continuing Education Contact Hours: \$30.00 if you are an LMSW, LCSW or LCSW-R.  
\$15.00 if you are a current 2017-18 Social Work Field Instructor.



### 4<sup>th</sup> Annual Rock Against Suicide

5:00 PM to 11:00 PM

Choconut Inn in Friendsville, PA  
All proceeds from this event benefit MHAST

### NUTRITION SERVICES at MHAST

with Jennifer Vallone, RD, CND

Jennifer, a registered dietitian, can help you succeed in your nutritional needs, whether it be help identifying healthy goals, weight loss, cholesterol management, diabetes or knowledge of nutrition.

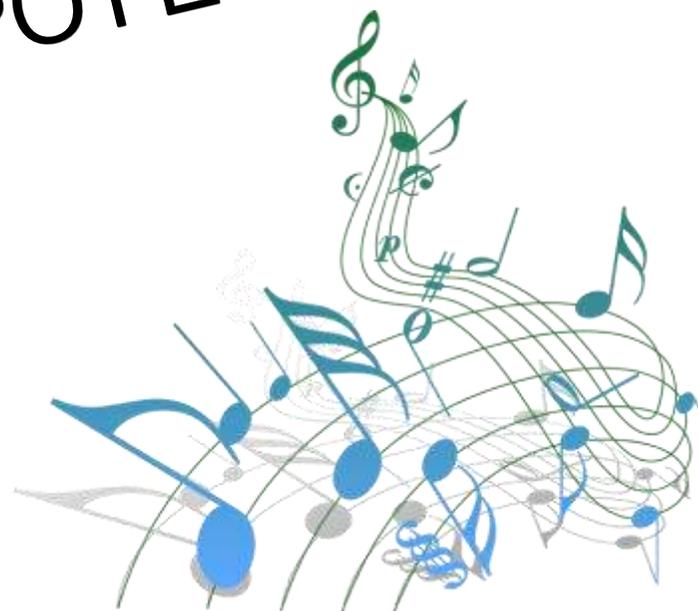
The Classes and Individual Sessions, are FREE, available by appointment.

For more information and to pre-register for a class or individual session, contact MHAST Front Desk (607) 771-8888 ext. 302

\* the schedule of September & October classes are included on the Sunrise Wellness Center monthly calendar and insert



# 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!**

## *Music as Medicine*

We would like to take a moment to thank Robert Ruane for his participation and contributions as a peer and volunteer with the Sunrise Wellness Center. His roles have been varied, to include working as a volunteer on the Warm-line, presentations through the Speakers Bureau and a member of the Fundamental Follies Performance Troupe. He is also the author of a book, The Songs of Our Lives. This year Robert has helped us develop and facilitate the workshops for Music in Your Medicine Basket. These are individual classes exploring self-expression & the benefits of including music as a support for personal wellness and recovery. Robert creates a custom tailored song list for each class, to enhance an expressive arts journey while exploring the Eight Dimensions of Wellness.

Join us for the next exciting session, October 10th, 1:30 to 3:00 PM, Sunrise Wellness Center



Mental Health Association of  
the Southern Tier

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Visit us on Facebook at

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

**[www.yourmha.com](http://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.