



The Ray of Hope

Newsletter of the Sunrise Wellness Center

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

July 2018

On July 4, 1776, thirteen colonies chose to unite and redefine their relationship with England, a bold call to action, their *Declaration of Independence*. They began to envision a new system of government, which included the concepts of equality and unalienable rights, such as “Life, Liberty and the Pursuit of Happiness.”

Our nation’s journey to collectively define and achieve a social, economic and civil equality (*for all*) is a struggle that continues to this very day. The history of the mental health peer movement is part of that legacy, committed to an individual’s right to improve their health and wellness, to live a self-directed life, and strive to reach their full potential.

The guiding principles of recovery include hope and optimism, a belief that people do recover, that change is possible, and you too, can do it... many do.

“Liberty, taking the word in its concrete sense, consists in the ability to choose. “ – Simone Weil

Pssst... Coming Soon
Our MHA OPEN HOUSE

**Watch for updates on our website
and facebook page**



[Home](#) » [Harvard Health Blog](#) » Music and heart health - Harvard Health Blog POSTED JUNE 07, 2018

[Music and Heart Health](#) by [Julie Corliss](#) Executive Editor, [Harvard Heart Letter](#)

What's your "cheer up" song? That question popped up on a recent text thread among a few of my longtime friends. It spurred a list of songs from the '70s and '80s, back when we were in high school and college.

But did you know that music may actually help boost your health as well as your mood?

Music engages not only your auditory system but many other parts of your brain as well, including areas responsible for movement, language, attention, [memory, and emotion](#). "There is no other stimulus on earth that simultaneously engages our brains as widely as music does," says Brian Harris, certified neurologic music therapist at Harvard-affiliated Spaulding Rehabilitation Hospital. This global activation happens whether you listen to music, play an instrument, or sing — even informally in the car or the shower, he says.

Make my heart sing

Music can also alter your brain chemistry, and these changes may produce cardiovascular benefits, as evidenced by a number of different studies. For example, studies have found that listening to music may

- enable people to exercise longer during cardiac stress testing done on a treadmill or stationary bike
- improve blood vessel function by relaxing arteries
- help heart rate and blood pressure levels to return to baseline more quickly after physical exertion
- ease anxiety in heart attack survivors

- help people recovering from heart surgery to feel less pain and anxiety.

Like other pleasurable sensations, listening to or creating music triggers the release of dopamine, a brain chemical that makes people feel engaged and motivated. As Harris points out, "An exercise class without music is unimaginable." Sound processing begins in the brainstem, which also controls the rate of your heartbeat and respiration. This connection could explain why relaxing music may lower heart rate, breathing rate, and blood pressure — and also seems to ease pain, stress, and anxiety.

What music resonates for you?

But preference matters. Research suggests that patient-selected music shows more beneficial effects than music chosen by someone else, which makes sense. According to the [American Music Therapy Association](#), music "provokes responses due to the familiarity, predictability, and feelings of security associated with it."

In the cardiac stress test study (done at a Texas university), most of the participants were Hispanic, so the researchers chose up-tempo, Latin-inspired music. In the artery relaxation study, which tested both classical and rock music, improvements were greater when classical aficionados listened to classical music than when they listened to rock, and vice versa. Someone who loves opera might find a soaring aria immensely calming. "But quite frankly, if you don't care for opera, it could have the opposite effect!" says Harris.

There's no downside to using music either to relax or to invigorate your exercise routine, provided you keep the [decibel level in a safe range](#). You might even consider using your heart health as an excuse to splurge on a new sound system.

Reference article <https://www.health.harvard.edu/blog/music-and-heart-health-2018060713962>



SUMMER FUN — Free Concerts, Jazz Festival and Art

Julyfest Downtown Binghamton

Music & Jazz Schedule. Festival also includes Art & Food

Friday, July 6th

- 12:00 – 1:00 PM Binghamton High School Juice Blenders Steel Band
- 1:15 - 2:15 PM Teen Jazz Project Big Band
- 2:30 - 3:30 PM Jordan & the Wombats
- 3:45- 4:45 PM Bill Carter Presbybop Chick Corea Tribute Band
- 5:00 - 7:00 PM Terry Walker's Steely Dan Tribute Band "Dupree"
- 8:00 - 11:00 PM Splash

Saturday, July 7th

- 8:00 - 10:00 AM Ultra Vibe with Mo "Reese" Taylor
- 12:00 – 12:45 PM Eric Ross Blues Band
- 1:00 – 1:45 PM Glenda Davenport Jazz Quintet
- 2:00 – 2:45 PM Gabe Condon Solidarity Band
- 3:00 – 4:00 PM Michael Hill's Blues Mob
- 4:30 – 6:00 PM Mystic Moondance Van Morrison Tribute Band
- 7:00 - 10:00 PM BlackLites R&B Show Band
- 10:00 PM - **FIREWORKS** from the Metro Center Parking Lot

Sunday, July 8th

- 12:00 – 1:00 PM Noor Hila Project
- 1:15 – 2:15 PM Jorge T. Cuevas & The Caribe Jazz Allstars
- 2:30 – 3:30 PM Carlos Chaluisant's Son Montuno



The free performances will be held in Otsiningo Park, from 6 p.m. to 8 p.m. with an opening act and a headline

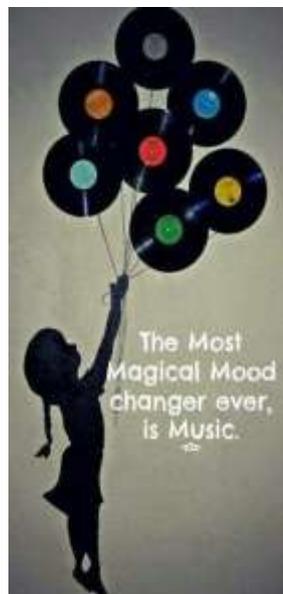
July 10: The Bottom Feeders and The Shambles

July 17: Brady Goldsmith and Odd Man Out

Aug. 14: Jordan & the Wombats and the Blue Velvet Big Band

July 24 and Aug. 21 are being held open for rain dates.

Attendees should bring lawn chairs or blankets to the family-friendly, alcohol-free and tobacco-free events. Pack a picnic dinner or purchase snacks at the concert concession stand.



VESTAL Free Summer Band Concerts Tuesday Evenings 7:00 - 8:30 PM

Bring your family, friends and lawn chairs for a free evening of pure entertainment. Free candy and face painting for all children. In case of rain, the band will decide at 7:00 PM if they must cancel. Concerts are not rescheduled.

Vestal Memorial Park - [Four Corners Gazebo](#) - Corner of Front St. & Main St., Vestal

- July 10 - Southern Tier Brass Group - Musical Mix
- July 17 - The Island Hoppers - Caribbean Steel Drum
- July 24 - Swing Street Jazztet - All styles of Jazz
- July 31 - Miles Ahead - Swing & Jazz
- August 7 - Music Unlimited Little Big Band - Swing & Jazz



THE BLOG

07/25/2016 09:54 am ET Updated Jul 23, 2017

Mental Health: Let's Talk About Culture, Race And Ethnicity

By Mary Giliberti

It can be a mouthful to say in a conversation: Minority Mental Health Awareness Monthly (MMHAM). During its annual observance in July, I'm also sometimes asked why it is needed when we already have Mental Health Awareness Month in May.

One recent study provides an answer. Discussed in *The Atlantic*, research shows that psychotherapists, for example, are more likely to offer appointments to middle-class white people than to middle-class African-Americans or working-class people of any race.

There is a long history of discrimination. Fifteen years ago this summer, the U.S. Surgeon General published *Mental Health: Culture, Race, and Ethnicity*. The report revealed "striking disparities for minorities in mental health services." Racial and ethnic minorities have less access to mental health services than do whites. They are less likely to receive care when they need it. When they do receive care, the report said, it is more likely to be poor in quality.

Sixty percent of all Americans with mental health conditions do not receive the mental health services they need in any given year. Among those who do, African American and Latinos use mental health services at about one half the rates of Caucasian Americans; for Asian Americans the rate is even lower — about one-third. Reasons for disparities vary: they may include racism, homophobia or other conscious or unconscious biases, lack of access to services in the community, lack of culture competence in service delivery and a sense of stigma in seeking help.

One recent study has noted that even with enactment of the Affordable Care Act, a universal approach to improving access to health care is not by itself enough to fulfill differing needs and cultural preferences among minority groups. More vigorous outreach "beyond clinical walls," flexibility in scheduling of appointments, expansion of a diverse, culturally competent mental health workforce, and better research on obstacles and alternative treatment options are needed.

That's why MMHAM exists. It's a time to focus on common mental health challenges, but without overlooking important differences and distinctions in the experience of multicultural communities. It's a time for education and dialogue that extends beyond that which was had during Mental Health Awareness Month in May. It is a continuation of efforts to understand how mental illness affects all of us.

Article resource: https://www.huffingtonpost.com/mary-giliberti/mental-health-lets-talk-a_b_11149854.html



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



MHAST Endicott Peer Support Group

First United Methodist Church
53 McKinley Ave Endicott NY

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



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 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

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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

offering 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 @ 6:00pm

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!

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

OTHER SUPPORT GROUPS IN THE COMMUNITY

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

Location: Unitarian Universalist Church, 183 Riverside Drive, Binghamton, NY.

Mondays @ 7. 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.



Did you know?

Having a mental health diagnosis or being in recovery, does not have to mean your life comes to a halt.

- * You can be a contributing member of your community.
- * You can get an education, work or volunteer.
- * Working or volunteering gives us purpose, income, independence, and opportunities to build relationships and social networks,
- * One can consider a variable work schedule, ranging from one hour a month up to possibly a full time position.
- * An appointment with a benefits specialist can alleviate some questions you may have on how your benefits may be affected.

We all deserve a happy, healthy and meaningful life.

The Sunrise Wellness Center has a computer lab and other resources available to support your exploration of volunteer and vocational opportunities. Donna Parmer 607-771-8888 ext.# 309

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 your own personal WRAP!

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



PEER ADVOCACY !!! a PAUSE for Celebration and then, on to the Senate...

On Tuesday, June 12, 2018 the New York State Assembly passed the Humane Alternatives to Long Term (HALT) Solitary Confinement Act (A.3080B-Aubry / S.4784A-Parker). The #HALTsolitary campaign, which has long engaged in organizing, education, and advocacy to get it enacted into law, issued the following statement:

"The #HALTsolitary campaign applauds Speaker Carl Heastie, lead Assembly sponsor Jeffrion Aubry, and the New York State Assembly for passing legislation to end the torture of solitary confinement and replace it with more humane and effective alternatives. *Thousands of people remain in solitary confinement in New York's prisons and jails each day, isolated 22 to 24 hours a day in a cell without any meaningful human contact or programs, often for months, years, and even decades. They are disproportionately Black and Latin people, young people, gender non-conforming people, and people with mental illness, often held in isolation for non-violent infractions or even for speaking out about abuse by staff.* If the State Senate fails to act to end this racist and destructive practice this session, as appears likely even though HALT has 25 co-sponsors in that house, Governor Cuomo must implement the reforms we seek administratively."

Background: Despite some modest reforms, people continue to spend months, years, and decades in solitary confinement in New York. Decades of research and accounts from survivors demonstrate that the sensory deprivation, lack of normal interaction, and extreme idleness of solitary can lead to intense suffering and severe psychological and physical damage. More than 30% of all prison suicides in New York take place in solitary. The entire United Nations, including the US, passed rules prohibiting solitary beyond 15 days for any person. HALT would bring New York in line with this standard, in addition to requiring prison and jail officials to implement alternatives that actually address the root causes of any problematic behavior. Governor Cuomo can also implement these changes through executive action. Learn more at www.nycaic.org.



Mental Health Association of
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, 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.