



The Ray of Hope

Newsletter of the Sunrise Wellness Center

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

April 2018



CELEBRATING
EARTH DAY , April 22nd

Our Vision at Sunrise Wellness Center is to empower individuals in their journey of self-exploration and recovery. We strive to break down the barrier of stigma in all cultures, through education, peer support, community integration, outreach and engagement.

Why Connecting With Nature Elevates Your Mental Health



New research reveals a clear link between wellbeing and immersion in nature.

Douglas LaBier Ph.D.
The New Resilience

From observations in psychotherapy we know that mental health and well-being become elevated when people experience some kind of engagement or connection with the larger world, outside of themselves. That is, when you extend yourself, your perceptions, beyond focusing primarily on your own self — your needs, worries, regrets or desires for the future.

Now, a new empirical study finds evidence in support of what we see clinically. It found that virtually any form of immersion in the natural world, outside of your internal world, heightens your overall well-being as well as more positive engagement with the larger human community.

The research, described here, is from the University of British Columbia. It highlights, in my view, an essential dimension of true “mental health” – the realm beyond healing and managing conflicts and dysfunctions (as important as they are). Mental health includes the capacity to move “outside” of yourself, and thereby increase and broaden your mental and emotional perspectives about people and life in general. That’s the realm that grows, for example, from meditation – the mindfulness state of being grounded in awareness of the present moment. It’s a kind of buffer zone between being pulled by emotions and thoughts about the past, or into anticipations about the future.

Rather, you’re simply present. Conscious in the moment. Observing the flow of your mental and emotional activity; but not being pulled into it. That conscious “now” allows for greater inner calm, clearer judgment, and it enables more focused, creative responses to everyday life.

This new study examined the specific effect of immersion in nature upon the overall sense of well-being of participants, and was published in the *Journal of Positive Psychology*. For the experiment, researchers divided people into three different groups. For one group, immersion in nature was defined as taking time to engage in some form of connection with the natural world. That included not just walking in nature, but, as described in this summary, it included anything not human-built: a houseplant, a dandelion growing in a crack in a sidewalk, birds, or sun through a window.

“This wasn’t about spending hours outdoors or going for long walks in the wilderness,” said lead author Holli-Anne Passmore. “This is about the tree at a bus stop in the middle of a city and the positive effect that one tree can have on people.”

One of the other two groups focused on their self-observations regarding human-made objects, and the third did neither. Passmore pointed out that the difference in the participants’ well-being — their happiness, sense of elevation, and their level of connectedness to other people, not just nature — was significantly higher for the first group than that of participants in the group which noticed how only human-built objects made them feel. It was also higher than the control group, which did neither.

I think we’re seeing a growing convergence between empirical research like this and an emerging view of mental health: A mixture of building positive emotions, broadened perspectives, beyond ego concerns; and personal values that enhance and reflect awareness of our inherent interconnection with others. These are dimensions that have been ignored too long by the mental health professions, as we have focused primarily on healing mental illness, per se.

Link to article resource from Psychology Today January 8, 2018

<https://www.psychologytoday.com/us/blog/the-new-resilience/201801/why-connecting-nature-elevates-your-mental-health>



MHAST is very excited to announce the opening of

OUR HOUSE A Peer-Run Short Term Crisis Respite

Our House is a voluntary respite center offering an alternative to emergency hospitalization for individuals, 18 years of age and older, experiencing mental health crisis or emotional distress.

Our guests receive 24-hour support from trained staff offering peer support in a friendly, safe and supportive homelike environment.

Our House fosters warmth, empathy and compassion, together with a wide range of recovery oriented services.

Guests may participate in the program for up to 5 days per stay.

If you feel you would benefit from the support & services available at Our House

please contact us by phone to discuss arrangements. Pre-registration is necessary, we are unable to accept walk-ins.

Telephone Contact: (607) 771-8888 EXT. 350

The **OUR HOUSE** Program will also be providing a



Peer Support Line,
available now 24/7
(607) 240-7291



To Volunteer for the
Color Run Event , contact

joanne.weir@yourmha.com



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

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

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

Mindfulness Meditations Broome County Library (5:30—6:30 pm) begin your week with a mindfulness and meditation practice to support relaxation, stress reduction & self-discovery.
* Beginners are most welcome.

FREE 2 Be Me Classes: How to Become my Own Best Friend Topic– **Self-Empowerment and Integrity** Broome County Library - Fridays (10 to 11:30 am) Interactive discussion and creative self –awareness activities from empowering guidebook Madly in Love with Me, author Christine Arylo. Each class explores a new theme. * **Class dates April 13th and April 27th**

TAG YOUR FIT ! MHASt with Wendy Hitchcock– Thursdays (1:30—3 pm) **April 5th, 19th and 26th, no class on April 12th**. A new interactive program to jumpstart your personal wellness goals for Weight Loss , Strong Heart and Vibrant Health. * New topic each class

Living with Anxiety MHASt Wednesday April 4th (1:30—3 pm) Learning to Live the Life you want and coping with anxiety

Healthy Balanced Friendships and Mental Health with Carol: MHASt April 5th (10 to 11:30 am) Story Games

Healthy Balance ,Transform Health Through Forgiveness with Carol: MHASt April 19th (10 to 11:30 am)

Nutrition Class with Jennifer Vallone RD, CDN “Facing Fats” MHASt April 11th (1 to 2 pm) **And learning about Carbs—**MHASt April 25th (1—2 pm)

Individual Nutrition Appointments with Jennifer Vallone: MHASt *****must call front desk to make appointment.** April 11th & April 25th available (11:30 to 12:30 pm) & (2 to 3 pm)

Expressive Art classes below will be in the MHASt Building

Painting Lotus Flower Part 1 with Carol Tuesday April 3rd, (1:30 to 3 pm) acrylic paint class

Painting Lotus Flower Part 2 with Carol Monday April 9th (1:30 to 3 pm) acrylic paint class

Water is Life Tuesday April 10th (1:30-3 pm) Benefits of Water & make wellness tool w/ beads

Wearable Art Tuesday April 17th (1:30 to 3 pm) exploring healthy lifestyle, create wearable art

Poetry Cafe Wednesday April 18th (1:30 to 3pm) a creative space to write and share the power of the spoken word. Bring selections you love or create your own

OPEN Art Studio Tuesday April 24th (1:30—3 pm) we provide materials, you a creative spark



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



Sunrise Wellness Center

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
Wednesdays 4 pm to 5 pm

MHAST Peer Support Group " *New Downtown Location* "

Broome County Library
Peer Support Group Mondays
3:30 pm to 5 pm

184 Court Street
Binghamton NY

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





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. 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.



PEER SPOTLIGHT!

NATIONAL
WOMEN'S
HALL OF FAME

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!

Women Who Transformed the Landscape of America in Enduring Ways

"Every two years, the National Women's Hall of Fame in Seneca Falls, New York, where the first Women's Rights Convention was held in 1848, recognizes American women of exceptional accomplishment. The Hall has inducted 276 women, both contemporary and historical, since its founding in 1969." - Meredith Holmes

Recently our Sunrise Wellness Center peers traveled to Seneca Falls to visit the National Women's Hall of Fame. We would like to share with you some of their observations, as we made our way back home.

It was interesting, I learned a lot, not what I expected.

I was surprised and pleased by how many Native American women there were.

The process of the induction is very interesting.

In high school and grade school, very few women were brought to our attention.

I didn't start really learning about women in history until taking women's studies courses, in college.

It was interesting to see the Eileen Collins space suit.

I knew of some of the things women had done but not to the extent that I read at the museum.

It was neat to see all of what one person could do, to make a difference.



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.