



# The Ray of Hope

Sunrise Wellness Center Newsletter

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

October 2018

*The Fundamental Follies  
Theatre Company  
Presents*

**A SHORT PLAY EXPLORING GOALS AND OPTIONS.**

**WE MAY NOT ALWAYS GET WHAT WE WANT,  
BUT WE GET WHAT WE NEED**

**— AT THE —**

**GO 'N STYLE**  
**BARBERSHOP**

**OCTOBER 25TH, 2PM & 7PM**

**KNOW THEATER  
74 CARROLL STREET  
BINGHAMTON, NY**

**ADMISSION IS FREE  
DONATIONS ACCEPTED**

We invite  
you to enter a  
Celebration  
of Hope  
& Resilience  
as MHA  
Peers  
create an  
authentic  
theatrical  
journey  
and  
reflection  
upon  
personal  
empowerment  
within the  
experience  
of Recovery



## Cultivating Hope, Healing and Resilience Through Integrative Arts

The goal of this event is to promote an awareness of how the integrative arts can be useful tools to find hope and support in the journey to recovery.



This program will include a brief presentation on how expressive art can bring us back to the present .... mindfulness.

- \* Musicians/motivational speakers Mike and Jo Whitney and local artists
- \*Exhibit of expressive arts - incorporating creative engagement as a healing modality.
- \*Interactive mini workshops (take home items)
- \*Mindfulness meditation
- \*Community resources on mental wellness
- \*Laughing yoga presentation
- \*Refreshments/light fare

**Tabernacle UMC**  
**83 Main St, Binghamton, NY**  
**Parking/Entrance located in back.**

**Saturday, October 13, 2018**  
**11:00 AM - 2:00 PM**

Please RSVP to Tabernacle by Oct 11.  
Call 607 723 8983 - (Mon-Thurs 10AM-3PM).  
If before or after hours, please leave a message with your name and number of those attending.



**Come join us for some fun and new learning experiences**

Sponsored by :





**MENTAL  
HEALTH  
FIRST AID®**

**WELCOME TO ROCK AGAINST SUICIDE  
Utilizing the power of rock music to:**

- Educate people in order to remove the stigma and misunderstanding surrounding mental illness
- Raise awareness of suicide prevention resources available in the Binghamton NY and Triple Cities areas as well as nationally
- Unite musicians and music fans to raise money for the Mental Health Association of the Southern Tier's suicide prevention programs

Promote the message that reaching out for help is not a sign of weakness

<http://rockagainstsucide.com/>

**Mental Health First Aid  
by MHA<sup>ST</sup>**

**Wednesday, October 10th**

**Training: \$ 90 per person,  
\$ 67.50 for non-profits  
\$ 45 for students**

**Groups of 10 or more please contact  
Joanne Weir at 607-771-8888 x336 to  
discuss options**

The adult Mental Health First Aid course is appropriate for anyone 16 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions. The adult course is available in both English and Spanish.

Course participants come from a variety of backgrounds and play various roles in a community, and instructors may specialize in providing the course to groups such as police officers or faith leaders. You may know CPR and the Heimlich Maneuver. You can call 911. But can you administer First Aid in a mental health crisis?

It's easy to tell when someone might be suffering from a heart attack, is choking, or is unable to breathe. But what does depression look like? Or anxiety? Have you met people experiencing:

- Suicidal thoughts or behaviors?
- Trauma?
- Panic Attacks?
- Grief?
- Substance Use Disorders?
- Eating Disorders?

Both adult and youth Mental Health First Aid courses are 8 hours long and feature:

- Hands-on activities and practice
- ALGEE, the 5-step action plan
- An overview of local mental health resources, support groups, and other help
- A resource manual packed with information on all topics covered in the course

Visiting the Waterfalls in Ithaca



SWC  
PEERS  
On  
The  
Move



MHAST Peers enjoying Drumming Circle at the NYAPRS Conference

Ain't I Beautiful

Look at the calmness of the river until it meets a bigger river then it joins and makes waves

And ain't it beautiful

Look at me always reaching until I meet the bigger world and I make waves

And ain't I beautiful

Look at the sapling reaching for sun

And ain't it beautiful

Look at me I am young and stretching for my soul to be free

And ain't I beautiful

Look at the ducks always swimming or flying against a world so much bigger then them

and aren't they beautiful

Look at me a lone spirit against a vast ocean of spirits

And ain't I beautiful

-poem selected from

Who Am I, by White Deer

White Deer is a local peer and poet. She shared that writing was her voice when she didn't have a voice and it continues to be a source of strength.

NYAPRS Conference 2018



MHAST Sunrise Wellness Center and the Compeer Program were well represented at the NYAPRS 36th Annual Conference this year. Six staff members, three peers and one volunteer were in attendance. It was an excellent opportunity to network with other peers and attend education workshops relevant to current issues in the peer experience. Festival activities and the health, healing and arts fair were also greatly appreciated



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

MHAST Endicott Peer Support Group

First United Methodist Church  
53 McKinley Ave Endicott NY

Peer Support Group \* TWICE PER MONTH

Wednesday October 3rd - 4:00 pm to 5:00 pm

Wednesday October 17th- 4:00 pm to 5:00 pm

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

**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

\* 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

Our house offers 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 @ 6:00 pm**

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).

### 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\*

**Adult Asperger's Support Group** for information contact Alexandra (607) 722-0467

Sarah Jane Johnson United Methodist Church, Johnson City, NY meeting is 3rd Saturday of each month, 1pm—3 pm.

#### **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** A weekly support group for those who struggle with depression. Open to the public. Drop ins welcome. Not affiliated with UUCB. Location: Unitarian Universalist Church, 183 Riverside Drive, Binghamton, NY. Mondays @ 7 pm to 9 pm 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.



## 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 their own personal Wellness Recovery Action Plan.*

Call 771-8888 (ext. 309)

NATIONAL

SUICIDE

PREVENTION

LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org



## The Mirror

The mastectomy left her  
scared and afraid

Scared she wouldn't be  
accepted

Afraid she wouldn't  
accept herself

So, after the surgery she  
looked into the mirror  
and said a thousand

I love you,  
until she believed it  
and a thousand more

until she realized

it didn't matter  
if others accepted her

and today she wears those  
scars as marks of passage

Today she screams  
to the heavens,

"I LOVE ME"

and today  
she means it

- White Deer



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](mailto:cindy.casterlin@yourmha.com)

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, 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.