

Weekly Schedule

Feb. 27th, 2017 - May 12th, 2017

MON	TUES	WED	THURS	FRI
Art of Emotions 9:30 - 11:00 Jenny	WRAP 9:30-11:30 Trish/ Agape	Walk & Talk 9:30-11:00 Cyndi	Trauma & Resiliency 9:30-11:00 Cyndi	Get Together 9:30-11:00 Dana
Relationships in Your Recovery (men & women meet separately) 1:30-3:00 Dana & Jenny	Managing Anxiety & Panic 11:45-1:15 Agape	Assert Yourself 11:30-1:00 Jenny	Recovery Discovery 11:30-1:00 Dana	Creative Recovery 11:30-1:00 Agape
Living in Balance 11:30-1:00 Jenny	Positive Psychology 1:30-3:00 Jenny	Wise Mind 1:30-3:00 Agape	Work Force 1:30-3:00 Jenny	Love & Logic 1:30-3:00 Jenny
	Seeking Safety 5:00-6:30 Jenny or Dana			

MEDIA CENTER HOURS: 8:30-5:00

102 Thomas
Franklin, NC
Phone: 828-
Fax: 828-524



MACON COUNTY
Recovery Education Center
Meridian Behavioral Health Services



“This is my home, this is where I feel safe”
~current REC Student~

Feb. 27, 2017 ~ May 12, 2017

Recovery Education Center

What is a Recovery Education Center?

A Recovery Education Center (REC) is a place where individuals can become students in the study of their own wellness and recovery. This may occur through engagement in a multitude of wellness-based classes and individualized treatment as needed in order to develop the skills that may be useful for an individual's mental health and/or substance abuse recovery journey.

Individual Support

From time to time, students might want an individualized support session to address specific needs in their recovery process. The REC makes every attempt possible to support students as their needs arise, while being attentive to the walk-in nature of the REC.

Community Resources

Take advantage of the REC's collection of contacts for community resources: food, housing, medication, transportation, vocational education, and employment.

Media Center

The media center is available to all enrolled students. The media center can be utilized to do research about wellness and recovery. The media center can also be utilized by students to research local and national community resources to assist them with their basic needs.

health issues, as well as substance abuse or addiction.

Walk & Talk

Come learn more about wellness tools you can utilize and discover how walking can benefit both your physical and mental health well-being. Enjoy getting outside with other students and staff!!

Work Force

This class will help provide you with support, tips, and tools as you explore gaining and maintaining employment. Come join us as you work towards your vocational goals.

RECOVERY

IS

POSSIBLE!!!

Elective Classes

These classes are derived from feedback obtained from students. These classes are enhancements to the REC learning experience and target common yet specific recovery interests.

Managing Anxiety & Panic

Learn about coping skills for anxiety and panic based upon the cognitive behavioral model. Students will learn about what the benefits of anxiety, the triggers for anxiety, and prevention skills as well.

Creative Recovery

This course is designed to facilitate how to use alternative methods to enhance recovery. A variety of creative class demonstrations as well as student integration will explore the benefits of expressiveness in one's own recovery.

Assert Yourself

Join us in learning how to be effective and assertive in our communication with others in an appropriate way. This class will review the different type of commu-

nication styles.

Get Together

Practice social skills, healthy boundaries, and connecting with others in recovery by engaging in structured activities and meaningful fun.

Positive Psychology

Develop a greater understanding of strengths, optimism, happiness, hope & resiliency and learn practical ways to promote and maintain wellness.

Relationships in Your Recovery

This class is for those that wish to learn more about improving family relationships. It does not matter what your family make-up looks like, it can be helpful. A special focus will be on those relationships that are challenged by mental

Fundamentals of the REC

Hope. Choice. Empowerment. Recovery Culture. Spirituality.

At the Recovery Education Center, these are the five pathways to recovery.

These pathways can guide anyone in their journey to become the person they wish to be.



Confidentiality

Students are protected by Meridian's Confidentiality Policy.

Fees

REC classes & services are free of charge to students, though insurance may be charged. Co-pays will not be charged for classes or individual support. Medication management services copay is as denoted on insurance cards. If students do not have insurance the copay is \$5.00 due at time of service.

Visitor Policy

Folks not enrolled as a student of the REC will not be able to attend classes. Visitors are permitted to attend semester celebration events with the student after signing an assurance of confidentiality form.

Child Policy

Children are not allowed at the REC.

Smoking Policy

There are designated smoking areas outside.

Mission

To create service environments and relationships that instill hope, facilitate choice, foster wellness, promote healing and support individuals on their personal journeys of discovery and recovery.

Vision

To be recognized as a “center for excellence” for the delivery of innovative, cost-effective, recovery-oriented and outcome-driven rural behavioral health care.

Values

Recovery is possible for everyone
Equality, respect, and love are essential elements of interaction
Everyone has value
Choice and self determination are assured
Spirituality is a strength
The language of recovery is transformative
Employees with lived experiences are indispensable to the team
Being in service to others is an honor and a privilege
Accountability is a way of being
Fiscal strength and responsible stewardship are imperative
Committed and passionate staff are paramount



While at the

REC expect to:

Be yourself.

Have fun.

Make mistakes.

Learn.

Take a Break.

Ask questions.

Make choices.

Be a peer.



Recovery Discovery

Students will explore the challenges around addictions and the reasons it is difficult to stop using. Students will learn about the physiological consequences of using and examine skills to assist in successfully navigating through some common obstacles and pitfalls that are associated with early recovery.

Accountability Track Classes

Students at the REC may have people in their lives who are working in a supportive role such as:

- DSS case workers
- Probation/TASC officers
- Others who encourage regular contact with students

Students in these classes may have an interest in sharing documentation with their support network. Therefore, a weekly reporting of student progress may be created to facilitate communication.

Living in Balance

This class is geared towards students typically in the active and maintenance stages of change who are practicing an abstinence recovery process with substance use and looking to strengthen their recovery skills for a long term healthy lifestyle.

Wise Mind

This class teaches students specific skills to assist in navigating relationships, tolerating stress and regulating their emo-

tions. Class is based on Dialectical Behavioral Therapy (DBT).

Parenting with Love and Logic

Students will learn techniques to make parenting easier. The class will teach skills to encourage parents to relinquish control over their children's problems and empower children to learn to solve problems themselves. Students will learn how to prepare their children for the real world while developing a loving relationship with their child.

Important Phone Numbers

Recovery Education Center

Office: (828)524-6342; Fax: (828)524-6471

Cyndi Hoyle, *Lead Recovery Educator* ext. 1804
Anita Dooley, *Front Office Engagement Specialist* ext. 1801
Dana Mills, *Recovery Coordinator* ext. 1805
Agape Powell, *Peer Support Specialist, SE* ext. 1530
Trish Taylor, *Peer Support Specialist, PACE* ext. 1806
Jenny Gallop, *Peer Support Specialist, REC* ext. 1515
April Evans / Dr. Lawrence, *Medical staff* ext. 1407

After hours Meridian customer services: 828-226-4818
Mobile Crisis Services: 1-888-315-2880

Other numbers that may be useful in the recovery process:

Assertive Community Treatment Team (ACTT): 828-226-5739
National Alliance on Mental Illness (NAMI):
Ann: 828-369-7385 Linda: 828-369-9838
Macon County Transit: 828-349-2222
Macon Co. Health Department: 828-349-2081
Community Care Clinic 828-349-2085
Domestic Violence Services (REACH): 828-369-5544

Core Classes

These classes are founded on evidenced-based practices and provide practical skills that help individuals feel better about themselves and their ability to manage their lives.

Wellness Recovery Action Plan (WRAP)

The Wellness Recovery Action Plan (WRAP) is designed to assist you in creating positive change in the way you think and feel to increase your enjoyment in life. This class will assist you in managing aspects of your life from any mental, emotional, or physical health issue through the creation of your own unique wellness recovery action plan. WRAP is a ten week course; all ten classes must be completed to graduate.

Seeking Safety

Students will learn tools to assist them in reclaiming their lives after experiencing a trauma or being in the early stages of recovery from challenges around substance abuse addictions. Students will be supported in a safe recovery environment to learn skills to help them begin to live their lives in a more helpful way.

Art of Emotions

This class is based on the principles of cognitive behavioral therapy. Students develop the ability to understand the source of their emotions and ways in which to create helpful emotions. These techniques may be used to reduce depression, anxiety, and other challenging emotions. Students will learn how emotions work, the eight most common ways in which we create unhelpful emotions, and behavioral changes that reduce emotional suffering.

Trauma & Resiliency

This class provides an overview of trauma and potential impacts and effects on one's life. We will explore ways to identify signs and symptoms of trauma survival, build a basic understanding of research on trauma, discuss the physiology of trauma and healing, and find ways to cultivate hope and resiliency. Most importantly, we will discuss how people recover from trauma.

