

# Weekly Schedule

May 15, 2017 - July 28th, 2017

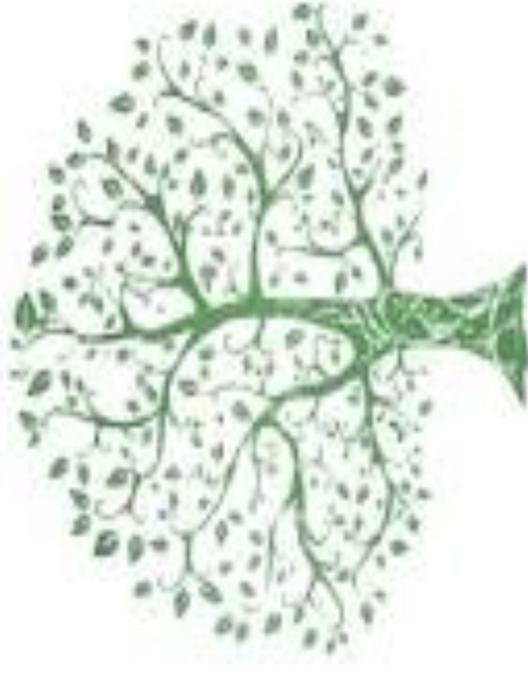
MON	TUES	WED	THURS	FRI
Wise Mind 9:30 - 11:00 Jenny	WRAP 9:30-11:30 Jenny/ Trish	Living in Balance 9:30-11:00 Dana	Improving Self Esteem 9:30-11:00 Dana	Love & Logic 9:30-11:00 Jenny
Recovery Discovery 11:30-1:00 Jenny	Creative Recovery 11:45-1:15 Agape	Lifestyles for Well- ness 11:30-1:00 Jenny	Positive Psy- chology 11:30-1:00 Jenny	The Four Agree- ments 11:30-1:00 Dana
Assert Yourself 1:30-3:00 Dana & Jenny	Managing Anxiety & Panic 1:30-3:00 Jenny	Letting Go 1:30-3:00 Agape	Trauma & Resiliency 1:30-3:00 Cyndi	Art of Emotions 1:30-3:00 Agape
	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



*Recovery:  
Restoration to a former or  
better condition*

May 15th , 2017 – July 28th, 2017

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# 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.*

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### 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.

to believe in ourselves. In this class, students will learn skills that can help develop a healthier self image, assist in gaining more self-respect, and more confidence in their abilities

RECOVERY  
IS  
POSSIBLE  
FOR  
EVERYONE,  
INCLUDING  
YOU!!

### The Four Agreements

Study Miguel Ruiz's Four Agreements to learn how your thoughts impact your emotions and make changes that can improve your wellness. Students will explore universal principals to assist them.

### Positive Psychology

This course is designed to help students develop factors to help them flourish. Students will learn about resiliency, coping skills, protective factors, and strengths so that they can not only cope, but learn to thrive.

### **Call for submissions:**

If you have recovery artwork, poetry, songs, or quotation and would like consideration for entry into the class catalog, please talk with any staff member for more information.

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## 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.

### Lifestyles for Wellness

Join us in this class to learn new ways in which you can live your life in a healthy and positive way that supports your recovery. Topics may include sleep, nutrition, and exercise as well as other components to maintaining a healthy lifestyle.

### Letting Go

Discuss loss in such a way that you will gain skills to move past the loss you have experienced and move forward in your life in a positive and effective manner. Loss can include any loss that has affected you personally.

### Improving Self-esteem

There are lots of reasons that many of us do not believe in ourselves. No matter the reason, we can still learn

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## 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.



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### 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.

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## 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.

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## 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.

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## 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.



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## 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.

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## Accountability Track Classes

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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.

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### **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.

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## Important Phone Numbers

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### 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. 1446

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### **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.

