

Jackson REC Weekly Schedule

February 27, 2017—May 12, 2017

MON	TUES	WED	THURS	FRI
Improving Self Esteem 9:30—11:00	Art of Emotions 9:30—11:00	Creative Recovery 10:00-11:30	Wise Mind 9:00-10:30 4 Agreements 10:30-12:00	Managing Anxiety 9:30—11:00
Healthy Boundaries 11:00—12:30	Parenting with Love & Logic 11:00-12:30	WRAP Lab 11:30—12:30	Keys to Success 12:00—1:30	Letting Go 11:00-12:30
Effective Relationships 1:00—2:30	WRAP 12:30—2:30	Back from the Blues 1:00-2:30	Seeking Safety 1:30—3:00	Positive Psychology 1:00—2:30
Trauma & Resiliency 2:30—4:00	Living In Balance 3:00—4:30	Health Management 2:30—4:00	Pathways to Recovery 3:00—4:30 Recovery Discovery 5:30—7:00	Yoga 2:45—3:45

STUDENT LOUNGE/MEDIA HOURS: 8:30 - 5:00

154 Medical Park Loop, Sylva, NC 28779
 Phone: 828-631-3973
 Fax: 828-631-9280
 After Hours: 828-226-4818



JACKSON

Recovery Education Center

Meridian Behavioral Health Services



“Hope is being able to see that there is light despite all of the darkness”

—*Desmond Tutu*

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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 variety 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 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.

Trauma & Resiliency

Learn about the impact of trauma and chronic stress on the nervous system and how your resiliency can be restored or increased using six key wellness skills. Learn how to stabilize your nervous system, improve your sense of wellbeing, and create a self-care plan to use these skills in your daily life.

Back From the Blues

This class provides students with information about depression and suggested strategies for how you can manage your mood. The class can help you to better identify symptoms of depression, it's causes, and education about healthy coping skills for overcoming depression.

Keys to Success

Based on the book "The 7 Habits of Highly Effective People" by Stephen Covey, this class will help you ex-

plore skills and strategies to become the best version of yourself, and identify ways to improve whichever aspect of your life is most important to you right now.

Managing Anxiety

Learn techniques for coping with and managing your anxiety symptoms. Identify thoughts and assumptions that increase anxiety and ways to challenge them as well as what to do when anxiety takes over.

Students will explore Universal Principles to assist them.

Positive Psychology

Develop a greater understanding of strengths, optimism, happiness, hope, and resiliency and learn practical ways to promote and maintain wellness. Explore real recovery stories of how these skills have benefitted others and improved overall mood.

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

Creative Recovery

Where words fall short, art can help carry us toward our recovery goals. This course is a place to use expressive arts to enhance recovery. A variety of media and creative projects will be offered to help students grow in recovery.

While at the

REC expect to:

Be yourself.

Have fun.

Make mistakes.

Learn.

Take a Break.

Ask questions.

Make choices.

Be a peer.



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

Elective Classes

Healthy Boundaries

Learn the skills needed to establish boundaries with others. Regardless of your challenges: letting people take advantage of you, overpowering others, or having other difficulties with relationships, this class will help develop the skills needed to have balance in relationships.

and taking care of yourself.

Health Management

Learn ways to manage chronic pain and other medication conditions through mindfulness, nutrition, and other strategies to improve physical wellness. Students will learn how the body and mind are connected and develop a personal wellness plan.

Pathways to Recovery

Recovery has many paths, and we find that what works for one may not be effective for another. Explore your own journey while creating a long-range vision for your life. You are encouraged to look at your current circumstances and to set goals across multiple areas of your life.

The 4 Agreements

Study Miguel Ruiz’s Four Agreements to learn how your thoughts impact emotions, and ways to make changes to improve wellness based on what you value.



Letting Go

What is grief? In this class, we will learn about grief and loss, the importance of letting go, and some concrete skills for coping with losses

Core Classes

“Let your hopes, not your hurts, shape your future.”

—Robert H. Schuller

of change who are practicing an abstinence recovery process and looking to strengthen their recovery skills for a long term healthy lifestyle.

Effective Relationships

This class teaches us ways to communicate our hopes, our wants and our needs within the various relationships in our lives. When these strategies are applied they may significantly change the way we communicate with others.

Wise Mind

This class teaches students specific skills to assist in navigating relationships, tolerating stress and regulating their emotions. This class is based on Dialectical Behavioral Therapy (DBT).

Students attending classes may have an interest in sharing documentation with their support network. Talk with a staff member if you would like to initiate this communication.

- DSS case workers
- Probation officers
- TASC officers
- Medical doctors
- Friend's and family
- Others who encourage regular contact with students



Important Phone Numbers

Recovery Education Center

Office: 828-631-3973 Fax: 828-631-9280

Juleah Berliner, *Lead Recovery Educator* 339-1509
 Pam Graves, *Peer Support Specialist* 339-1517
 Catherine Scott, *Peer Support Specialist* 339-1517
 Katie Martin, *Recovery Educator* 339-1510
 Megan Dunlavey, *Recovery Educator* 339-1578
 Heather Martin/Londyn Conner, *Medical Staff* 339-1502

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
 Jackson County Transit: 828-586-0233
 Jackson Co. Health Department: 828-586-8994
 Domestic Violence Services (REACH): 828-586-8969
 National Alliance on Mental Illness (NAMI):
 Ann: 828-369-7385 Linda: 828-369-9838

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. In addition, these classes are offered every semester at the REC.

Wellness Recovery Action Plan (WRAP)

The Wellness Recovery Action Plan (WRAP) is designed to assist you in creating positive changes to increase your enjoyment in life. This class will assist you in managing mental, emotional, and physical health issues 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 substance abuse issues. Stu-



dents will be supported in a safe environment to learn skills for living life 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 thoughts that con-

“I believe that imagination is stronger than knowledge. That myth is more potent than history. That dreams are more powerful than facts. That hope always triumphs over experience. That laughter is the only cure for grief. And I believe that love is stronger than death.”

--Robert Fulghum

tribute to depression, anxiety, and other negative emotions. Students will learn how emotions work, the eight most common ways in which we create unhelpful thoughts, and behavioral changes that reduce emotional suffering.

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.

Recovery Discovery

Students will explore the challenges around addiction 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.

Living In Balance

This class is geared towards students typically in the active and maintenance stages