

Jackson REC Weekly Schedule

May 15, 2017—July 28, 2017

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

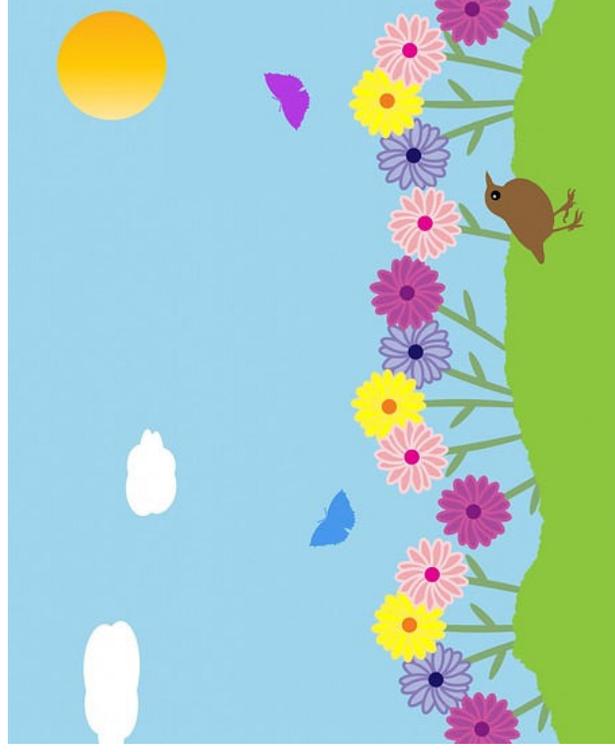
STUDENT LOUNGE/MEDIA HOURS: 8:30 - 5:00

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



“My life isn’t good or bad. It’s an incredible series of emotional and mental extremes, with beautiful thunderstorms and stunning sunrises.”

—*Jaeda DeWalt*

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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.

your resiliency using six key wellness skills. Learn how to soothe your nervous system, improve your sense of wellbeing, and create a self-care plan to use these skills in your daily life.

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.

Mindfulness Lab

Mindfulness practice has been shown to reduce stress, anxiety, depression, and other challenges. Mindfulness refers to many methods and skills, and we will spend time in each class exploring a mindfulness technique so that you can learn which ones work best for you!



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 & Lab

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. Students will have the opportunity to continue class in a lab format and lead each other in creative projects after the initial 1 hour.

Trauma & Resiliency

Learn about the impact of trauma and chronic stress on the nervous system and how you can build

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

their emotions. This class is based on Dialectical Behavioral Therapy (DBT).

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.

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 and taking care of yourself.

Chronic Pain

Learn ways to have better quality of life in spite of pain. Students will learn how the body and mind is connected and coping skills to continue to cope with

pain and engage in what is important to them.

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. 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



Core Classes

“It was when I stopped searching for home within others and lifted the foundations of home within myself I found there were no roots more intimate than those between a body and a mind that have decided to be whole.”

—Rupi Kaur

of change who are practicing an abstinent 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

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

Robert Guinn, *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-



“You are so hard on yourself. Take a moment. Sit back. Marvel at your life: at the grief that softened you, at the heartache that widened you, at the suffering that strengthened you.
Despite everything, you still grow. Be proud of this.”

—Unknown

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