

**Transit: Call 828-339-1402 before 8:30 am on the day you need pick up.  
See page 9 for details.**

| MONDAY                |             |
|-----------------------|-------------|
| Journey Into Recovery | 9:30 -11:30 |
| Wise Mind             | 12:00-1:30  |
| Coping with Anger     | 1:30-3:00   |
| Meditation            | 3:00-4:00   |



| THURSDAY  |                  |
|---|------------------|
| Trauma, Hope, Resiliency                                  | 10:00-11:30      |
| Positive Psychology                                       | 11:30-1:00       |
| Assert Yourself   | 1:00-2:30        |
| Building Social Supports                                  | 2:30-4:00        |
| Self Compassion   | 5:30-7:00        |
| NIGHT CLASS   |                  |
| Recovery Discovery-NIGHT CLASS                            | 5:30-7:00        |
| 2nd Thursday of every month WNCAPP Free HIV/HEP C Testing | 10:00am-12:00 pm |

| TUESDAY                      |             |
|------------------------------|-------------|
| Love & Logic Parenting       | 10:00-11:30 |
| Perfectionism in Perspective | 11:30-1:00  |
| Releasing Anxiety            | 1:00-2:30   |
| Seeking Safety               | 2:30-4:00   |

| WEDNESDAY             |             |
|-----------------------|-------------|
| Journey Into Recovery | 9:30 -11:30 |
| WRAP                  | 12:00-1:30  |
| The Four Agreements   | 2:00-3:30   |

| FRIDAY                |              |
|-----------------------|--------------|
| Journey Into Recovery | 9:30 - 11:30 |
| Art of Emotions       | 11:30-1:00   |
| Healthy Relationships | 1:30-3:00    |
| Creative Recovery     | 3:00-4:00    |

**CLASS CATALOGUE**

**BREVARD RECOVERY  
EDUCATION CENTER**  
69 N. BROAD ST., BREVARD, NC 28712  
PHONE: 828-883-2708  
AFTER HOURS EMERGENCY/CRISIS LINE:  
828-226-4818

**January 21-April 5, 2019**  
Monday - Friday, 8:30am-5:00pm  
Night class Thursdays from 5:30pm-7:00pm



## Recovery Education Center Information

### 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. Rather than traditional one-on-one therapy, at the REC we focus on education and skill-building classes to build hope and confidence in your own strength and ability to live the life you want.

### CONFIDENTIALITY AGREEMENT

All students are protected by Meridian's Confidentiality Policy.

Visitor? Please sign up for services if you'd like to attend classes and be a part of the REC!

### SMOKING/TOBACCO USE

The Recovery Education Center is a tobacco-free facility that provides students with a designated smoking area outside.

### CHILDREN

We are not able to provide supervision for children at the REC. Let us know if we can help you find resources for childcare so you can come to class!

### TRANSPORTATION

Please speak to REC staff regarding any challenges you face when it comes to transportation to and from the REC for class.

### MERIDIAN VALUES

- recovery is possible for everyone;
- equality, respect and love are essential elements of each interaction;
- everyone has value;
- choice and self determination are assured;
- spirituality is a strength;
- the language of recovery is transformative;
- employees with lived experience are indispensable assets to every 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;
- quality training and ongoing coaching are fundamental;
- teamwork creates extraordinary results.

### COMPUTER LAB

The Computer Lab is available to all enrolled and active students at the REC. Please limit your sessions to 30 minutes at a time. Research recovery skills, jobs, recovery stories, and more!



## Student Bill of Rights

- Each student has the right to free election of peers in student organizations, as well as the right to seek and hold office.
- Students have the right to participate in REC activities without being subject to unlawful discrimination because of race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, political affiliation, handicapping condition, or any other basis of unlawful discrimination.
- Each student shall have the right to be treated with respect by REC Staff and other students.
- Each student has the right to present petitions, complaints, or grievances to REC Staff, and the right to receive prompt response regarding the student's petitions, complaints, or grievances.
- Each student shall have the right to exercise his or her constitutional rights of free speech, assembly, and expression without prior restraint, so long as the exercise of these rights does not interfere, disrespect, or demean others. These rights may include:
  - Personal determination of appearance, including clothing and accessories.
  - Organizing and participating in REC approved social events and organizations.
  - Use of student bulletin boards.
  - Expression of his or her views on matters that affect the quality and content of the classes and the recovery environment.
- Student's have the right to a smoke free facility, with the exception of smoking in designated areas.
- Students have a right to use the technology and media in the REC in a manner that would be considered appropriate for general public viewing.
- Students are encouraged to promote and be stewards of the recovery environment.
- The protection and safeguards of the Constitution of the United States, especially the Bill of Rights, apply to all students.

## Student Bill of Rights

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Recovery Education Center (REC) students should be aware that responsibility is inherent in all rights, especially the basic duty to respect and secure the rights of others. No student or other person involved in the Recovery Education Center can realize his or her rights unless each student also exercises the self-discipline and care to afford the same rights to all others and does not engage in actions that infringe upon the rights of others.

In a social situation such as the Recovery Education Center, all participants, including students, family and support, REC Staff, administrators, and others involved in the educational process, have the right to know the basic standards of conduct and behavior that are expected of themselves and others. Each student should know what is expected of him or her and what can be expected from others. Thus, the REC environment is a community of individuals who live and interact based upon commonly shared rules, rights, responsibilities, expectations, and common sense.

### Student Bill of Rights

- Each student has the right to a meaningful recovery experience and environment, which includes:
  - Being safe from medication exchanging, and other unlawful behaviors.
  - Being aware that the confidentiality laws that govern staff's handling of students' personal and private information, do not pertain to information that students choose to share with each other.
  - Knowing that all access to the REC for non-students must be approved by staff and will be subject to the signing of confidentiality agreements.
  - Understanding that the REC is an adult recovery environment, thus limitations on the presence of children will be present to insure that disruptions are kept to a minimum. Exceptions to this would require pre-approval.
- Students have the right to network, socialize, and ride share with other students, in a manner that maintains the responsibility of each, understanding that the student's are responsible for their own conduct and behavior in those situations.
- Each student has the right to physical safety and the protection of personal property, including the right to safe and sanitary REC buildings and facilities.

## Become an REC student!

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### Enrollment Process

Anyone interested in attending the Recovery Education Center is encouraged to call the Brevard REC at **828-883-2708** to sign up for an appointment. You may also walk right in our front door. You are welcome here!

### Recovery Assessment

A Recovery Assessment is your first appointment at the REC. During your assessment, you will have the opportunity to talk privately with a clinician about your journey, explore your needs, and establish your recovery goals.

### Class Fees

Enrolled students are not charged for classes.

### Recovery Plan

After your assessment, you are invited back to meet with an REC staff member to further explore your goals, break them down into manageable steps, and develop a plan to support your success. After this appointment, you are fully enrolled and can attend any and all the **classes** you choose!

### Psychiatric Services

Ask staff if you'd like to consult with a psychiatric provider for any medication needs regarding your recovery. You may also be eligible for assistance in paying for your medications!

## Other Important Resources:

AFTER HOURS EMERGENCY/CRISIS LINE: 1-828-226-4818

Department of Social Service: 828-884-3174

Transylvania County Transit: 828-884-3283-Students w/Medicaid

Transylvania County Transit 828-884-3213-Students w/o Medicaid

VAYA Health: 1-800-849-6127

Vocational Rehabilitation: 828-883-2190

RHA Mobile Crisis: 1-888-573-1006

Transylvania Co. Health Department: 828-884-3135

Domestic Violence Services (SAFE): 828-885-7233

NAMI—828-883-4603

## Class Descriptions

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### \*ART OF EMOTIONS

This class is based on the principles of Cognitive Behavioral Therapy (CBT). Students develop understanding of the sources of their emotions and ways to manage big emotions effectively. Students use these techniques to reduce depression, anxiety, and other emotional suffering. Get to know and name your thoughts and feelings!

### \*ASSERT YOURSELF

Have a hard time saying “No”? Not sure how to stand up for yourself or ask for what you need? Learn assertive communication skills and explore ways to improve your sense of personal power in recovery.

### \*BUILDING SOCIAL SUPPORTS

Focus on building healthy relationships through face-to-face interaction with the goal of learning effective interpersonal skills, appropriate behavior in social settings and networking. Learn how to provide support to others and form meaningful relationships.



### \*COPING WITH ANGER

Build skills and strategies to slow your reaction and more thoughtfully manage your anger and other intense emotions.

### \*REC TRANSPORTATION

REC staff provides transportation within Transylvania County to and from the REC when possible. Transit to the REC runs on the following schedule:

Morning Pickup Times **Mon, Wed, Thurs, Friday**  
**between 8:30-9:30**

**Tuesdays, between 9:30-10:00**

Afternoon departures from the REC:

**Mon, Tues, Wed, Friday** departs at **4:00pm**

**Thursdays, departs 3:30pm**

Call 828-339-1402 by 8:30am **the day you want to be picked up.**

Please leave a message with your **NAME** and **PHONE NUMBER.**

Ask staff for more information regarding our Transit Guidelines!



*Do not give up.*

*The beginning is always the hardest.*

## Class Descriptions

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### **\*TRAUMA, HOPE AND RESILIENCY**

This class provides an overview of trauma and potential impacts and effects in one's life. We will explore ways to identify signs and symptoms of trauma survival, build basic understanding of research on trauma, discuss the physiology of trauma and healing, discuss ways to challenge and cope with stigma, and find ways to cultivate hope and resiliency.

### **\*WELLNESS RECOVERY ACTION PLAN (WRAP)**

Ever experienced a difficult time and want to use the experience to help you through a next hard time? Make positive changes in the way you think and feel to promote your enjoyment of life and move through the difficult moments more confidently. This class will assist you in managing any mental, emotional, or physical health issues through the creation of your own unique wellness recovery action plan.

### **\*WISE MIND**

Based on The Dialectical Behavior Therapy (DBT) Model that is designed to teach you specific skills for navigating relationships, tolerating distress, regulating your emotions, and practicing mindfulness skills. Learn how to develop your "wise mind," balance priorities, become a cheerleader for yourself, assert yourself in relationships, recognize & understand your emotions, increase your positive emotions & employ crisis survival strategies.

## Class Descriptions

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### **\*CREATIVE RECOVERY**

Come explore different creative ways to express yourself, tell your story, and get in touch with emotions. This class offers opportunities to experiment with creative writing, visual arts, movement, and music as tools for wellness and healing.

### **FOUR AGREEMENTS**

Based upon the book by don Miguel Ruiz, explore four principles to practice in order to create love and happiness in your life. We will spend time on these agreements as well as the basic underlying principles of Cognitive-Behavioral Therapy (CBT) on which the four principles are built. With practice, these agreements become "second-nature" habits to keep.

### **\*HEALTHY RELATIONSHIPS**

Having healthy relationships is an important part of recovery. Learn more about creating and maintaining healthy relationships by looking at boundaries, values, communication, conflict resolution and more.

### **\*JOURNEY INTO RECOVERY**

This class provides 6 hours of intensive substance abuse recovery classes weekly. Each 2 hour class is topic based and built upon the Living in Balance and Matrix models for recovery from addiction. Students can expect to learn recovery skills using printed work, discussion, films, and creative exercises throughout the course.

\*This class is reserved for individuals who identify as in recovery from substance use challenges.

## Class Descriptions

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### **\*LOVE & LOGIC PARENTING**

Discover tools to remove your children's problems off your own shoulders and hand these problems lovingly back to them. Prepare your children for the real world while building a loving relationship with them.

### **\*MEDITATION**

Mindfulness is simply "being present". Simple but difficult. Our minds and emotions tend to drag us away from the present moment, but with practice we can learn to come back. In this class you will explore and practice different types of meditation and mindfulness activities and see what fits for you.

### **\*PERFECTIONISM IN PERSPECTIVE**

Do you find yourself striving for extremely high standards for yourself or others, and judge your self-worth around your ability to achieve those standards? You are not alone! In this class we will learn more about perfectionism, ways to reduce that need for high standards, and ways to practice more self compassion.

### **\*POSITIVE PSYCHOLOGY**

Positive psychology takes a look at what makes us happy and resilient through focusing on things like strengths, gratitude and compassion. In this class we will take a look at what makes life most worth living!

## Class Descriptions

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### **\*RECOVERY DISCOVERY**

Do you have concerns about your own or someone else's use of drugs or alcohol? Have you ever tried to stop without success? Would you like to know why it is so difficult to stop & stay stopped? We will examine some skills & insights helpful in successfully navigating common obstacles & pitfalls associated with early recovery. Empower yourself through education to build the life you want!

### **\*RELEASING ANXIETY**

Come and learn strategies to help you manage difficulties with chronic stress and/or anxiety. Whether it is chronic worry or panic attacks, this class will give you the skills to reduce/release stress and anxiety.

### **\*SEEKING SAFETY**

Students will learn coping skills for reclaiming their lives after the experience of trauma and/or being in early stages of recovery from substance abuse and other unsafe or destructive means of coping. Explore topics such as asking for help, self-care, the importance (and challenge!) of honesty, and learn more about triggers as you work toward a life of trusting yourself and your decisions in recovery.

### **\*SELF COMPASSION**

Based off the research of Kristen Neff, learn how to utilize mindfulness, self kindness and a sense of common humanity to build a more well rounded view of yourself. Experience how self-compassion can impact all aspects of your recovery.