

Weekly Schedule

July 31st, 2017 - Oct 13th, 2017

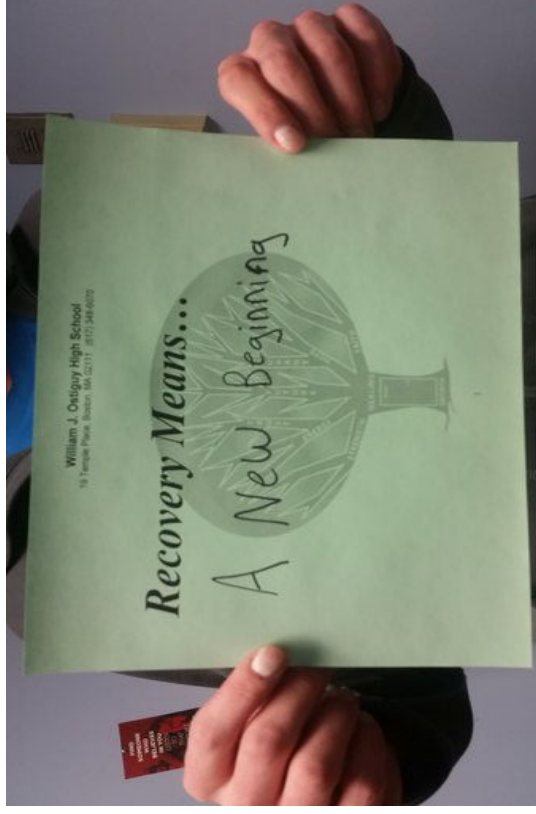
MON	TUES	WED	THURS	FRI
Recovery Discovery 9:30 -11:00 Jenny	Art of Emotions 9:30-11:00 Jenny	Mindfulness & Gentle Movement 9:30-11:00 Dana	Cultivating Happiness 9:30-11:00 Dana	WRAP 9:30-11:30 Agape / Trish
Healthy Boundaries 11:30-1:00 Jenny	Creative Recovery 11:30-1:00 Agape	Wise Mind 11:30-1:00 Jenny	Facing Your Feelings 11:30-1:00 Jenny	ACT 11:45-1:15 Dana
Living in Balance 1:30-3:00 Dana/Jenny	Trauma & Resiliency 1:30-3:00 Jenny	Managing Anxiety & Panic 1:30-3:00 Agape	Living w/ Chronic Pain 1:30-3:00 Cyndi	Love & Logic w/ Parenting & Relationships 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



*~Come explore what recovery means
 to you~*

July 31st, 2017 – Oct 13th, 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.

Negative emotions are

part of life, but in hard times it's easy to become our own worst enemy. Many problems result from a poor relationship to painful feelings. Learn ways of becoming a good friend to yourself during difficult moments, and responding to pain without making things worse.

Acceptance Commitment & Change

ACT for Depression and Anxiety is a weekly group devoted to helping students encounter depression and anxiety differently and pursue a full and meaningful life.

Acceptance and Commitment Therapy (ACT) is a relatively new form of therapy which helps you relate differently to your anxious feelings, depressed moods, worrying mind, self-defeating behaviors, and/or anything else that causes you problems. The aim of ACT is to limit the ways these run your life.

This class will be very content intensive. Students attending this class will be

encouraged to fully participate, complete homework assignments and practice skills outside of the REC.

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.

RECOVER

IS

POSSIBLE

FOR

EVERYONE....

INCLUDING YOU!!!

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.

Healthy Boundaries

In this class students will learn the skills needed to establish healthy boundaries with the other individuals in their lives. Regardless if you have challenges around letting

people take advantage of you, you overpower others, or just have difficulty with relationships, this class will help the student develop the skills needed to have balance in their relationships.

Cultivating Happiness

Learn steps to increase the happiness factor in your life. Bring a sense of curiosity and learn some simple steps towards happiness no matter what is going on in your life.

Mindfulness & Gentle Movement

This class will focus on the use of mindfulness skills, guided imagery and meditation and the use of gentle movements to help us feel more connected and present in the moment and grounded in our bodies

Facing Your Feelings

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.



ered in setting boundaries.

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 w/ Love and Logic & Relationships

Students will learn techniques to make parenting and interactions 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 also be focusing on skills that will benefit them in relationships with adults and allow them to feel empow-

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
Alice Nelson, *Front Office Engagement Specialist* ext: 1809
Dana Mills, *Recovery Coordinator* ext. 1805
Agape Powell, *Peer Support Specialist, SE* ext. 1530
Regina Seagle, *Supported Employment* ext:1707
Trish Taylor, *Peer Support Specialist, PACE* ext. 1806
Jenny Gallop, *Peer Support Specialist , REC* ext: 1515
Dr: Lawrence , *Medical staff* TBD

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

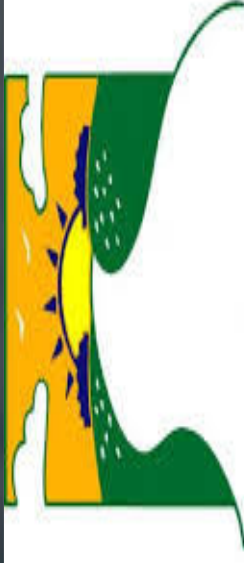
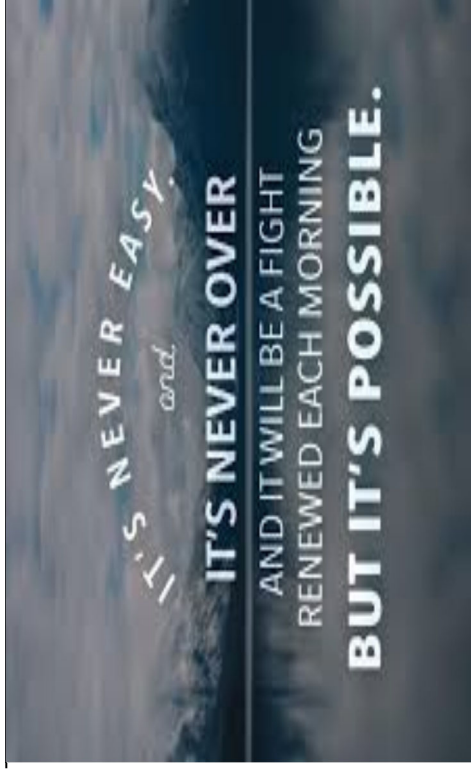
Students will learn tools to assist them in reclaiming their lives after experiencing a trauma or being in the early stages of recovery from challenges around substance abuse addictions. Students will be supported in a safe recovery environment to learn skills to help them begin to live their lives in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



On the Road **to Recovery**

