

Transit: M, W, F 8:30am & 4pm (T 9:30am & 4pm; Th 8:30am & 3:30pm)

MONDAY	
Journey Into Recovery	9:30 - 11:30
Meditation	11:00-12:30
Wise Mind	1:00 - 2:30
The Sequence	2:30 - 4:00

TUESDAY	
Accept, Commit, Take Action	9:30-11:00
Trauma, Hope, and Resiliency	11:00 - 12:30
Love and Logic for Parenting	1:00 - 2:30
Managing Anxiety	2:30-4:00

WEDNESDAY	
Journey Into Recovery	9:30 - 11:30
Walk and Talk	11:00-12:30
Spirituality	1:00 - 2:30
Facing Your Feelings	2:30 - 4:00



Sign up today!

THURSDAY	
WRAP—Wellness Recovery Action Plan	9:30 - 11:00
Self-Esteem	11:00 - 12:30
Seeking Safety for Women	1:00 - 2:30
Seeking Safety for Men	1:00 - 2:30
Music Within	2:30 - 4:00
Recovery Discovery—NIGHT CLASS	5:00 - 6:30

FRIDAY	
Journey Into Recovery, WRAP	9:30 - 11:30
Healthy Life 101	12:00 - 1:00
Positive Psychology	1:00 - 2:30
Creative Writing for Wellness	2:00 - 3:00
Expressive Arts in Recovery	3:00 - 4:00

SPRING 2017 SESSION CATALOG

BREVARD RECOVERY EDUCATION CENTER

69 N. BROAD ST., BREVARD, NC 28712
PHONE: 828-883-2708

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

February 27-May 12, 2017

Monday - Friday, 8:30am-5:00pm
Night class Thursdays from 5:00 - 6:30 pm



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

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!

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

*ACCEPT, COMMIT, AND TAKE ACTION

Based on a "new wave" of cognitive behavior therapy, this class will support you in learning new skills for coping with fear, lack of motivation, and other emotional states that keep you from working toward the life you want for yourself.

*CREATIVE WRITING

This class provides students a forum to share their own written words in a judgment-free environment, an opportunity to hone their skills through various creative writing exercises and prompts, and encouragement to understand the practice of expressing emotion and thought through words as a valuable recovery tool.

*EXPRESSIVE ARTS IN 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.



*FACING YOUR FEELINGS

Tired of running from your feelings? Practice distress tolerance skills in order to accept unpleasant emotions and ride through them vs. experiencing emotions as unbearable and trying to get rid of them.

*HEALTHY LIFE 101

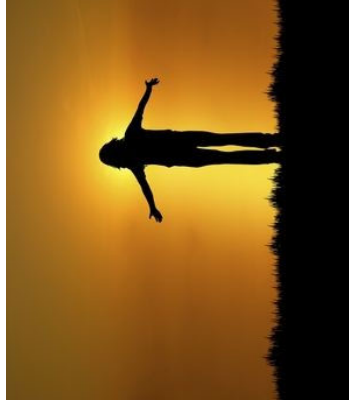
This recovery education group encompasses Meditation, Movement, Yoga, or you might learn about sleep hygiene or nutritional information important for your wellness. Come by and learn something new about how to be your healthiest self!

*REC TRANSPORTATION

REC staff provides transportation within Transylvania County to and from the REC when possible. Transit to the REC runs between 8:30-9:30 Monday, Wednesday, Thursday, and Friday. On Tuesdays, it runs from 9:30-10:00. Transit from the REC back home runs between 4-5 Monday, Tuesday, Wednesday, and Friday. On Thursdays, it runs from 3-4. Contact staff for more information regarding our Transit Policy and Agreement!



*Courage doesn't always roar.
Sometimes courage is the quiet voice
at the end of the day saying,
"I will try again tomorrow."*



Class Descriptions

***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.



***WALK AND TALK**

Walk and Talk offers students a chance to get outside in the fresh air and walk at a pace that suits them around the nearby college track. Come and witness the amazing benefits that exercise offers, and see just how your recovery from the rigors of being human can be made a little simpler!

***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

***JOURNEY INTO RECOVERY**

This class provides 9 hours of intensive substance abuse recovery classes weekly. Each 3 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. The last hour will be student-led.



***LOVE AND LOGIC FOR PARENTS**

This class incorporates the Love and Logic parenting skills curriculum with information on the ways that power and control struggles can impact both parenting and other relationships. Using the Love and Logic approach, students will explore practical skills to support more collaborative and supportive relationships with people important to them.

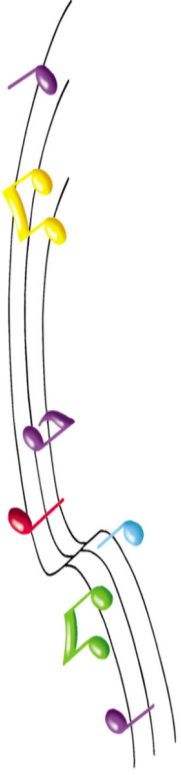
***MANAGING ANXIETY**

Are you a worrier by nature? Do you always think worst-case scenario? Does worry prevent you from living the life you want? This class will provide an opportunity to acquire a greater understanding of how anxiety works and how to manage in daily life. Mindfulness will be a major focus on this class.

Class Descriptions

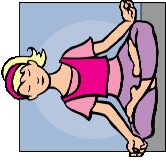
*MUSIC WITHIN

Learn how to utilize music as a tool in your recovery. Enjoy listening to music and discussing ways to find inspiration and experience healing through music. All students welcome.



*MEDITATION

Lean natural & healthy ways to decrease stress, anxiety, & depression using the basic skill of mindfulness. Explore mindfulness of the breath, thoughts, senses, & listening.



* POSITIVE PSYCHOLOGY

Develop a greater understanding of strengths, optimism, happiness, hope and resiliency. Explore recovery stories of how practical skills for being happy have been used to benefit others in similar experiences and improve overall mood.

*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!

Class Descriptions

*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.

*THE SEQUENCE

Designed to introduce new ways of thinking about and responding to conflict in relationships. An ancient philosophy suggests that beneath the surface of conflict, which can feel chaotic and cause us to behave in destructive ways, there is *opportunity*. This class challenges the way we approach conflict and invites students to think more deeply about how their anger-response operates, and encourages new ways of behaving, feeling and thinking. This starts with being open and vulnerable to a new way.

* SELF ESTEEM

Self esteem reflects a person's individual emotional evaluation of his or her own self worth. Understand how self esteem develops, how it's maintained, and how to build it back up when it's lacking.

*SPIRITUALITY

Uncover ways in which spirituality is a pathway in recovery. Use skills of spiritual practices, finding sacred space, following your own integrity, and gratitude to enhance your sense of wholeness.