



DREAMERS AND ACHIEVERS CENTER

QUARTERLY NEWSLETTER

GIVING BACK TO THE COMMUNITY IS ONLY A SMALL PART OF WHAT WE DO

Our primary focus is offering assistance to those who need support with recovery from Opioid Drug Abuse or in need of Mental Health Support. Our staff have lived the experience and are able to provide genuine support that is needed with our participants.

We are a place where people can visit throughout the day. We offer resources and a variety of support groups from Substance Support/ Opioid Use Group, COVID-19 Support Group, WRAP (Wellness Recovery Action Plan), Peer One on One Support, Spirituality Support and more.

We are now a distribution center for Narcan, which can help in the event of an overdose of Opioid use.

In being a part of the community, whether it be through assisting with clothing, providing food, helping to fill out forms, referrals, or just needing someone to talk to especially in these times of COVID-19, we want you to know that we are here for you.

Whether it be through the Community Outreach Program, which is held every Wednesday from 1 pm - 3 pm, or just stopping by, we are looking forward to meeting and getting to know you better.

As we continue to reach out, we will be distributing more pampers, having cooking outs, and hosting other fun activities throughout the summer months, so be on the look out for more information to come.



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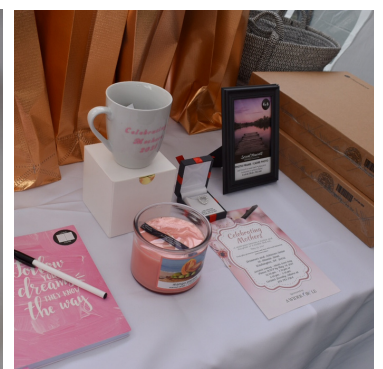
During the month of May, not only did we do a Community Outreach that provided pampers, clothing, and food to the community, but we were able to host a banquet that was sponsored by A Wider Circle. It allowed us to Celebrate Mothers. We were able to provide a opportunity for the Mothers to connect or even reconnect with their adult daughter or son during this event.



It was an exciting and enjoyable day.

We celebrated the Mothers by providing a gift bag that included a candle, journal with pen, a heart shape necklace, and a coffee/tea mug with Celebrating Mothers 2021 written on it.

As we closed out the celebration, we were able to follow it up by taking pictures of both the mother and son or mother and daughter as a small token of our appreciation for their dedication and hardwork as a being a mother.



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Center Group Activities

1. WRAP -(Wellness Recovery Action Plan)

- This is an individual plan developed and written to encourage people dealing with mental illness to learn ways to prevent and maintain wellness. In their individual plan, they will use a series of tools and action plans to get well and stay well for long periods of time.

2. Substance/Stimulants/Opioid Use

- This group is facilitated by a Recovery Coach Specialist who has dealt with substance abuse and is able to support others who are struggling with this issue in a group setting. This group is designed to help those with various forms of addictions to realize, accept, and work on a positive solution to remain clean.

3. Double Trouble

- This group helps people deal with both substance abuse and mental illness. The participants can relate to both sides of the struggle and get treated for both at the same time. This group gives people an opportunity to share with one another how they cope with substance and mental issues.

4. Anger Management

- Groups that are geared toward helping people cope with anger issues. They share how frustration and life circumstances can become overwhelming. This group supports each other in learning how to deal with their anger in positive ways.

5. Resource Support / Community Outreach

- Need help filling out SNAP, benefits applications, or are you in need of other support? We are here to help!
- Community Outreach is held every Wednesday, from 1:00 pm to 3:00 pm.

6. COVID-19 Group Support

- Teaching about social distancing, how to handle isolation, and educating on the benefits and safety of wearing face masks, hand sanitizing, following the guidelines for family gatherings.
- Providing information on the changes with the new COVID guidelines.
- Providing information on the COVID vaccine.

7. Peer One on One Support

- This allows participants to speak confidentially about issues they may be facing and solutions. Peer support is provided by staff who has a group of participants assigned to them for one-on-ones.
- The staff check-in with the participants to see how they are doing with their goals, and see if they need assistance or support with anything. The session is for fifteen (15) minutes throughout week.

8. Spirituality Support

- Spirituality support groups foster the connection between spirituality and recovery in helping with behavioral health challenges and using their spiritual belief as a source of strength.

Giving back to the community.



MY DREAMS TO BECOME EXCELLENCE STARTS TODAY!