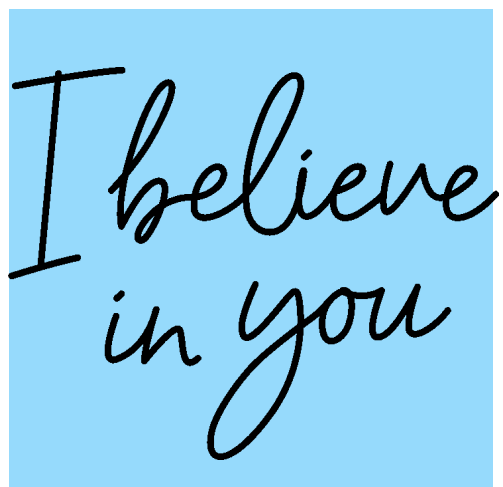
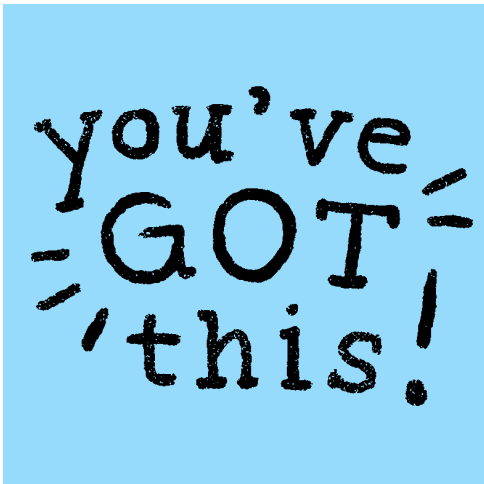




OCTOBER - DECEMBER
2021

DREAMERS AND ACHIEVERS CENTER

QUARTERLY NEWSLETTER



DREAMERS AND ACHIEVERS CENTER

My Recovery Story

Growing up in a large family has taught me about being there for others. I had thirteen brothers and sisters. I didn't always have food or clothing like other families, but I did have my family.

My family was always drinking and fighting with each other. I got to see firsthand what alcohol did and how it changed people's behavior. As I watched the way they were acting, I knew that I didn't want to be like that.

During my upbringing, I was taught to be silent, not speak, or share my feeling. So being raised that way didn't work in my best interest. I was diagnosed with major depression in my early 30's. I believed it was due to me not speaking up for myself and holding things inside. It was hard for me to express myself and that's when I found that writing poetry and skits was my way of letting go of how I felt.

After experiencing many years of emotional and physical issues, I realized how truly blessed I am even with all that I went through. I am a mother of three, a grandmother of eleven, and a great-grandmother of 14. God placed children in my life as a blessing and they have shown me so much love.

As the Director of Dreamers and Achievers Center, I share my lived experience with others. I am working with people who are dealing with emotional and physical disabilities, and I know how hard it can be to change. Change is not easy, and it comes with struggles, commitment, and perseverance.

I really enjoy what I do and encourage others to strive for what they want in life. My recovery may not look like yours, but we both can do it and it doesn't happen overnight. I learned early that being honest with oneself, talking about how you feel, not letting others make decisions for you that you don't agree with, and advocating for your needs is important.

Be who you are. Don't let other people guide you where you don't want to go, and it is okay to say NO. So don't be afraid and remember that life is like a roller coaster; you will have your ups and downs, but the most important thing is not to stay down. Don't be afraid to ask for help when needed.

I thank God for my life and for what He has done for me. He has used me in a mighty way, and I have been able to use what I have been given to help other people.

By: Dorothy Adams

Poetry Corner



My Voice

My voice will make a difference,
In what I do and see,
No matter what the people say,
They can't silence the voice in me,

My opinions and my views may change,
But what's inside of me will be,
I can choose to let things stay the same,
And not let my voice be heard,

I can stand still and watch the world go by,
I can stand still and listen to people cry,
I can stand still and do nothing,
Or I can STAND and let my voice be heard in something,

When I look at things of today,
Compared to yesterday,
I can see where some things have changed,
And some voices are still the same,

I can honestly stand here today,
Saying that I am proud to have a voice,
In what I do, where I go, and knowing what I say,
Will change me in so many ways,

I was taught to listen and not speak,
I was not allowed to make any noise,
But now that I can stand on my own two feet,
I finally realized that I too have a voice,

When our voices are joined together,
We are powerful in so many ways,
Don't let your voices go silent,
Because of my silence it destroyed many of my days,

My words are important to me even if I am wrong,
My presence can make a difference it shows how I am
dedicated

I am not easily moved, because I stand strong
My voice is soft, but my words are very powerful,

I care about what I do,
I care about what affects you,
I care enough to speak out,
And let the world know I have a voice too.

Dorothy Adams

10/7/09

DREAMERS AND ACHIEVERS CENTER

My Recovery Story

For years as a young man, I suffered from a mental diagnosed disorder that caused me to display anti-social and severe angry behavior.

During one of these episodes, I committed an act that cause me to be committed to an institution for a very long time. During these years in this institution, I was treated for my mental diagnosis and have gotten a lot better.

Once released back into society I have continued my recovery maintenance of my mental health by participating in Dreamers and Achievers Peer Drop-in Center. I have received a lot of assistant and support which helps me to continue to get better in my recovery.

Anonymous

My Recovery Story

My path to recovery can be directly traced thru Dreamers and Achievers. The support that this team has given me is part of my journey's foundations.

I am an alcoholic who couldn't stop drinking. My family abandoned me. My daughter was taken away from me. I was going thru the motions but was making no progress.

Then Dreamers and Achievers stepped in. The staff saw me, not my addiction. My pain was theirs as well, for the first time I was able to be honest with myself. I no longer needed to pretend. Even though I have other services of support (AA, church, therapist. I feel most comfortable when in here.

Anonymous



Poetry Corner



What You Don't See

What you didn't see,
Is when I was trying,
To live one day at a time,
Instead, I spend my days crying,

When I wanted to do things,
My body didn't allow me,
To move in either direction.
It was if I was blind and could not see,

Where my life was taking me,
People said things that took away my stride,
And they didn't see what was happening,
And how I was changing inside,

What they didn't see,
Was what I went through,
What they didn't know,
Was what God was getting ready to do,

What you don't know,
Is what took place and when,
What you were thinking was not my story,
Nor is the beginning or the end?

You see, I may have had some struggles.
But I was given a new day,
God begin to use me,
And I was on my way,

By sharing my recovery story,
Help me to realize how much,
My story changed me and others,
And how they were touch,

What you don't see,
Are how your words,
Begin to change me,
I was determined to be who God call me to be,

No matter what you did,
No matter how much you talked about me,
No matter how many lies were told,
I am still standing tall like a tree,
Words can make a difference in how you feel,
It can turn your life upside down,
But one thing is for sure,
You don't have to walk around with a frown,

I have come through too much,
To not share my story,
I am not alone in this,
And I give God all the glory.

By: Dorothy Adams

DREAMERS AND ACHIEVERS CENTER

Donations to the Center



To Our Donors

We would like to recognize all of our donors and say thank you for your contribution to the center.



- The Pathway Out to Rightly Guided Life: AR-RASHIDUN - Community Center
- Martha's Table

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DREAMERS AND ACHIEVERS CENTER



Thanksgiving Luncheon

A celebration of Thanksgiving with the participants and staff members.

Winter Coat Giveaway

Providing warm winter coats for individuals and family members.



We have much to be grateful for. We are very thankful for all of the support through donations that we have been given.

DREAMERS AND ACHIEVERS CENTER

Activities At The Center

At Dreamers and Achievers, we offer a variety of support groups ranging from substance misuse, mental health support, and groups that promote healthy ways of dealing with anxiety and anger management. During our groups, we have facilitators that share their own personal lived recovery experiences. Our main goal is to be able to provide you with the support needed in the recovery process.

Our doors are always open and we allow each participant to join in and share their own recovery experience. We enjoy working together through collaboration where everyone can grow and get to see things from a different point of view. We also encourage participation in the group activities, whether it is reading from one of the articles, or just expressing themselves on what was read in regards to their personal experience.

This quarter was a busy month for the center. We held three awareness events discussing how substance, stimulants, alcohol, or opioid misuse can affect your over health ranging from breast cancer, your respiratory system, and blood glucose levels. The awareness event provide so much insight.

Again, our doors are open and we welcome you to come and join us in one of the 10:00 am or 11:00 am groups in which we provide you with different strategies and support.

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. Alcohol, 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 additions 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. 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.

.....AND MORE.....

MY DREAMS TO BECOME EXCELLENCE STARTS TODAY!