



# DREAMERS AND ACHIEVERS CENTER

## QUARTERLY NEWSLETTER

# TOGETHER WE CAN

### ABOUT US

Our staff has first-hand knowledge and experience dealing with mental health issues and substance abuse. They devote their lives to uplifting the DC community. Our dream is to improve the quality of life in our community for people affected by mental health issues and substance abuse.



### MISSION STATEMENT

A peer-run organization, Dreamers and Achievers' mission is to serve the community and at-risk population with life skills, training, and support. With the organization's client-centered approach, Dreamers and Achievers will seek to empower participants to live a more successful life in the community.

**SELF CARE  
IS A  
PRIORITY  
AND  
Necessity  
NOT A  
LUXURY**

# DREAMERS AND ACHIEVERS CENTER

When we think about someone who practices self-care we may think that this is someone who is into themselves too much or conceited. It is not. It is a way of taking care of your well-being physically and mentally. It is making sure that you don't overload your mind and body which can sometimes lead to different health or mental health issues. Self-care is a way of doing things for ourselves that we naturally do not do on a daily basis.

For me, exercising daily is something that I don't do on a daily basis or weekly basis for this matter. But it is something that I need to start incorporating into my life so that I can become a better person and be healthier.

I find that when I have had a long day or even a long stressful week, just spending some time taking a bubble bath or taking a warm shower helps to reduce the tension that I may be feeling. It helps me to relax my muscles and gives me a chance to whine down so that I can be at peace.

Things like going for a walk, painting, drawing, getting a good night's sleep, drinking more water, crafting, laughter, walking in nature, and watching more comedy shows are some of the self-care activities that I am looking forward to adding to my daily and weekly routines.

Anonymous

## Creative Corner

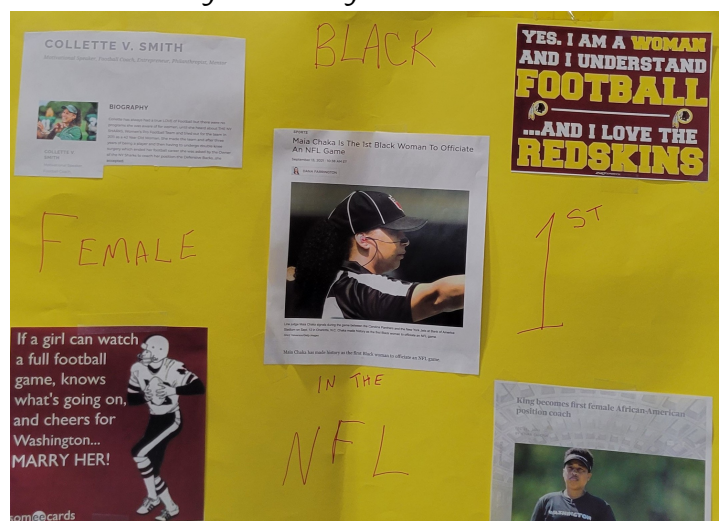


Two drawings from an anonymous participant.  
One was a drawing of M. Obama



Participant created a Black History poster on the first black female in the NFL.

## Black History Month





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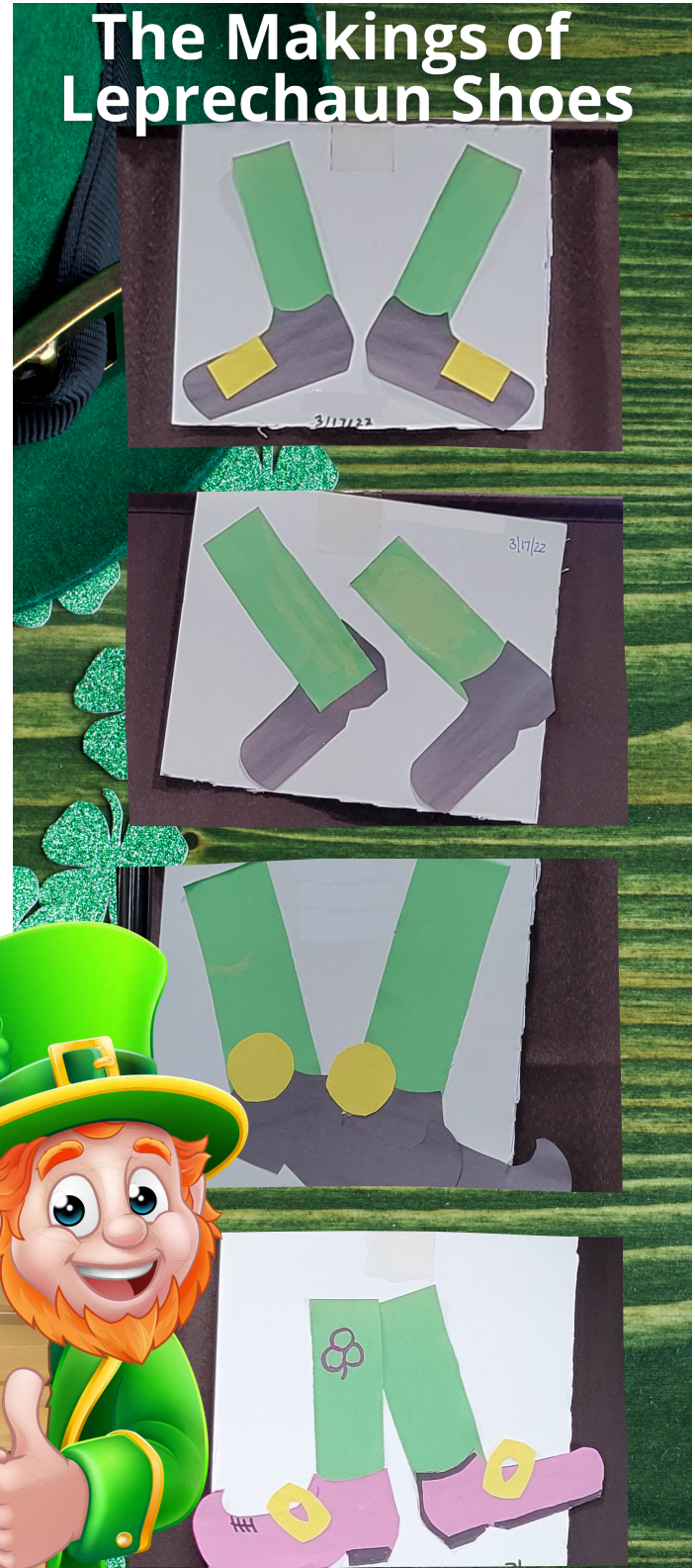
### MY EXPERIENCE AT DREAMERS AND ACHIEVERS

In order to take my test to become a Peer Recovery Specialist, I needed 500 hours of internship experience. I was introduced to Dreamers and Achievers when I met with Dorothy Adams, who welcomed me and set in play my learning experience.

Even having over 22 years of being a public servant in a controlled environment, I knew I could learn and grow here with this program. Here at Dreamers and Achievers, being a part of people's hope, empowerment, holistic, respect, strength-based has given me a personal gratification of being a true public servant that I could have ever imagined in my lifetime.

Here at Dreamers and Achievers, there is such a welcoming environment, no stress or tension, and always an open door to help and assist someone. I am sure they thought by bringing me into the family here, I would be an asset to them. In all actuality, they have been a true asset for me. I thank everyone. Ms. Dorothy Adams Director, Ms. Brenda Cole, Mr. Derwin Gaines, Mr. Maurice Gross, and Mr. Marcus Adams! Everyone works as a well-oiled unit of professionals and for this, I am eternally grateful for the experience.

Victoria Fraley



### The Makings of Leprechaun Shoes

### Leprechaun Riddles

1. What kind of cereal do Leprechauns eat?
2. What do you get when you cross poison ivy with a four-leaf clover?
3. How many gold coins can a leprechaun throw in an empty pot?
4. Why is it impossible to ask a leprechaun to borrow money?

**Answer: (1) Lucky Charms (2) A rash of good luck (3) One, after that, it's no longer empty. (4) They are always a little short.**



Leprechaun shoes made by participants and volunteer.

# DREAMERS AND ACHIEVERS CENTER

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## MY EXPERIENCE AT DREAMERS AND ACHIEVERS

My name is Denise McNeal and I have been with Dreamers and Achievers since 2019. I also was part of the center when it was called Our Door. This center has been a great help to me. I never knew that I could do so many things until I started believing in myself.

I'm a Certified Peer Specialist. While working with the center, I discovered that I was learning more about myself as I learned with the participants.

I was able to find resources that I didn't know existed. This also helped me to help others in my community of Ward 7, as well as outside of the center.

My growth has made me more compassionate. I have learned that being a team player makes this organization strong. I have added new skills and knowledge to my accomplishments. I have my supervisor, Dorothy Adams, to thank for that.

The center has always had a pleasant atmosphere for those that attend and those that visit. I'm happy to welcome guests and encourage them to come back.

The past four years have been a wonderful journey. I will continue to move forward with the center in any capacity that I can.

Thank you, Dreamers and Achievers, for letting me be a part of your organization.

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Denise McNeal  
January 2022



## Poetry Corner

### Moving From The Past

Why are you living in the past?  
What's there for you,  
Are you sharing your experience?  
To help other get through,

Have you gain from your lived experience?  
Or are you still stuck there,  
Holding on to nothing,  
And going nowhere,

It's time to move forward,  
Put your past behind you,  
Remember, there are better things  
You can do,

Let others see your light,  
Show them the way.  
There is a future inside of you that's shining  
bright,  
It's time my brothers and sisters, for a brand-  
new day,

Share what's in your heart,  
Speak what's on your mind,  
Make a new start,  
And come to the front of the line,

Times have changed and so can you,  
Never forget what's important,  
Or what you can do,  
Don't hold on to your pass,

It's time to show the world you are real too,  
You have gifts, talents, and skills,  
What's most important, you have already been  
through,  
And now you can let it all go,

To move in the right direction,  
It doesn't matter what color you are,  
It doesn't matter your age,  
It matters that you have done your part,

Now I am letting go,  
No more tears of the past hurts,  
For I have walked through my door,  
I may have some scares,

I am no longer holding on to my pain,  
I am no longer hiding who I am,  
For wisdom I have gained,  
Even with what I have done,

It's all behind me now,  
God has blessed me so much,  
And I can move forward,  
Because I have been touched,

Share and enjoy life,  
Don't hold it inside,  
Get rid of any pride,  
And finally step outside.

# 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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## Activities At The Center

- **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.

- **Substance Support Group**

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. Designed to help various forms of addiction to work on a positive solution to remain clean.

- **Resource Support Group**

Need help filling out SNAP, benefits applications, or are you in need of other support

- **One on One Support Group**

This allows participants to speak confidentially about issues they may be facing and solutions. Peer counseling is done by staff who has a group of participants assigned to them for one-on-ones. The session is for fifteen (15) minutes on Mondays.

- **Spirituality Support Group**

Spirituality support groups foster the connection between spirituality and recovery in helping with behavioral health challenges.

- **COVID-19 Support Group**

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.

- **Anger Management Group**

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.

## HISTORY

Dreamers and Achievers Center is a non-profit, peer-run organization located in the District of Columbia in Ward eight. Founded in 2019,, Dreamers & Achievers is a drop-in center where people can come throughout the day for support and resources.

### Our Services

At Dreamers and Achievers Center, we want to be able to identify and meet the needs of the community through our outreach program. We want to give back to the community by providing different resources whether it be clothing, food, providing face masks, resource materials, helping to fill out forms, referrals, or just needing someone to talk to. We are here for you.

### Hours of Operation

Monday: 9 am - 5 pm

Tuesday: 9 am - 5 pm

Wednesday: 9 am - 5 pm

Thursday: 9 am - 5 pm

Friday: 9 am - 5 pm

Saturday 2nd and 4th Weekend:

10 am - 2 pm

Hours have been temporarily modified due to COVID.

**MY DREAMS TO BECOME EXCELLENCE STARTS TODAY!**