

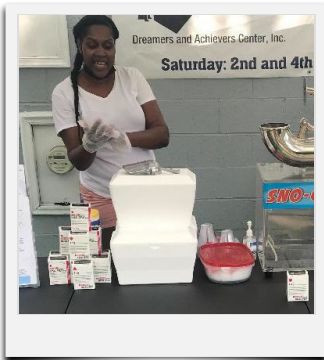


DREAMERS AND ACHIEVERS CENTER

QUARTERLY NEWSLETTER

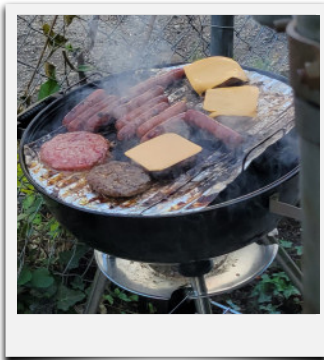


What a nice turnout we had for our 1st Annual Community Cookout, held on Friday, July 16th. We had 5 people who volunteered their time and services of which 3 of them are regular participants at the Dreamers and Achievers Center.



Lamonica Jeffrey, from Revise Inc., came out and provide the product and equipment for making nice, flavorful snow cones to help combat the heat of the day.

Our volunteers and staff members were dedicated to cooking or serving the food. They gave out flyers, informed the guest how we are now a Narcan distribution center and how Narcan works. They also passed out brochures that provided more information about Dreamers and Achievers Center and what services/support the center offers.

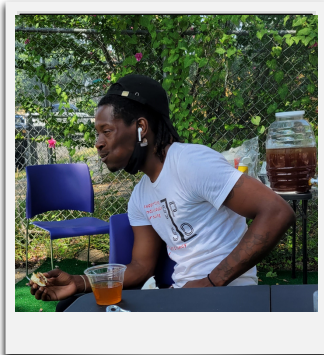


As the day went along, one of our regular donors came by during the event and donated new clothing to the center. After dropping off the clothes, she went out and brought back people from the neighborhood to the cookout.

Kudos to all our volunteers and staff members. We couldn't have done it without you!!!



We were extremely excited to hear and provide information to one of our guests that is interested in learning how she can become a Certified Peer Specialist to give back and support her fellow peers.



Through it all, we want to give a special thanks to the Connecticut Ave. Fire Department that was helping in the area. They quickly responded to a medical emergency that had come about. We thank you for your quick and timely response.

DREAMERS AND ACHIEVERS CENTER

Don't Judge, Educate Yourself

This was our theme for the **International Overdose Awareness Day Event**. The event is held globally every year on August 31st, where people come together to express grief for the families that lost their loved ones or to celebrate those that are in recovery.

We were honored and very grateful to have two of DC's finest sergeant and detective be a part of this event with us. They were very helpful in speaking with the guest, passing out flyers, and assisting where needed.

Hosting this event allowed us to reach out to many people in the community. As with any event that we participate in, it allows us to share our lived experiences with the community. We want to let them know that we are in the community to support them, their families, or friends that may need support for substance, opioid, or stimulant misuse or mental health issues.



Back to School

On September 11, 2021, we hosted a back-to-school event that allowed families and their children to come and select their backpacks and fill their backpacks up with the necessary school supplies needed.

We had a generous donation from Community of Hope AME Church helped by donating backpacks already filled with supplies.



DREAMERS AND ACHIEVERS CENTER

Serving the Community

Each day we want to make a difference in our community whether it is sharing our life experiences or just taking the time to listen and hear about your life experience. We want you to know that we are a place that you can come to whenever you need support. We care about you and how you are doing.

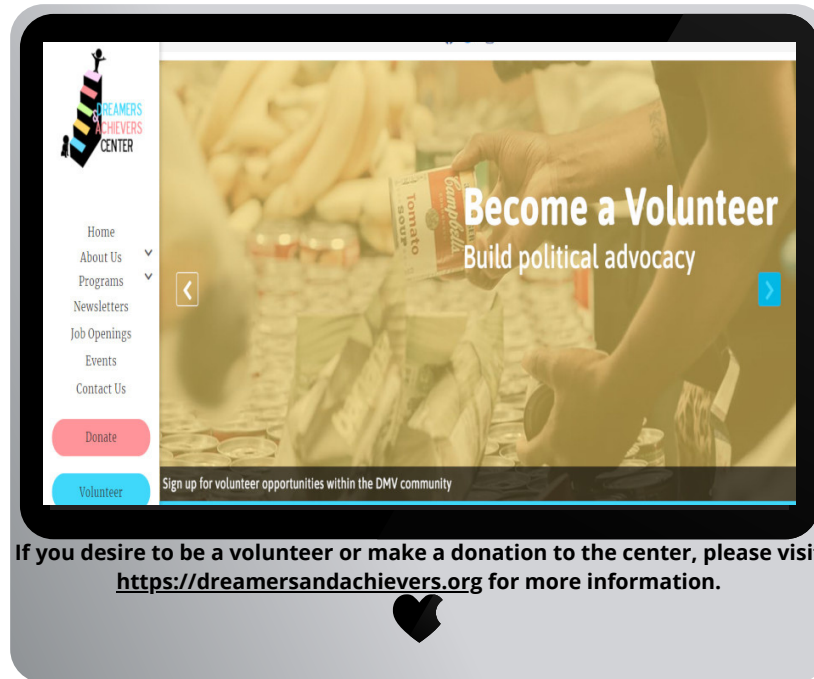
We welcome you to be a part of our Community Outreach that is held every Wednesday from 1:00 pm to 3:00 pm. Through many generous donations, we are able to provide the community with clothing, fresh fruits and vegetables, dry goods, pampers, PPE supplies, children's toys, books, and much more.

At Dreamers and Achievers Center, we also offer many different types of support groups ranging from Peer One-on-One, COVID-19, Substance, Stimulants, & Opioid Use, Anger Management, Coping Skills, and more. Not only do we have different support groups that may meet your need, we also provide different activities ranging from Arts & Crafts, Music & Drawing, and Journaling with more activities to come. I know for myself when doing different types of crafts, it helps to reduce stress and put my mind at ease.

If there is something that you would like to see offered at the center in a form of a support group or just an activity that you can participate in, please feel free to let us know. We are open to suggestions.



DREAMERS AND ACHIEVERS CENTER



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.

MY DREAMS TO BECOME EXCELLENCE STARTS TODAY!