



DREAMERS AND ACHIEVERS CENTER

QUARTERLY NEWSLETTER

We started off this quarter by learning about how stress can trigger migraines. We learned ways of dealing with stressors to prevent getting migraines. With mindfulness techniques, deep breathing, and taking a nap are some of the ways we were taught to help combat stressors that may trigger migraines.



A Narcan presentation was presented at the center on how to use it in the event of someone having an overdose. We were informed about the Good Samaritan Law and how it helps people to know that they can call the police when they see someone has overdosed. It protects them from being arrested if drugs are present, however, the police will remove any drugs from the scene.

MENTAL HEALTH MATTERS



Question: **What is mental health?**

Mental health has to deal with your overall health as it relates to your mind. It has to do with your emotional, social, and psychological welfare.

Emotions has to do with our feelings that can range from being happy, loving, sad, angry, and more. It is your reaction based upon circumstances, situations, and/or relationships in your life.

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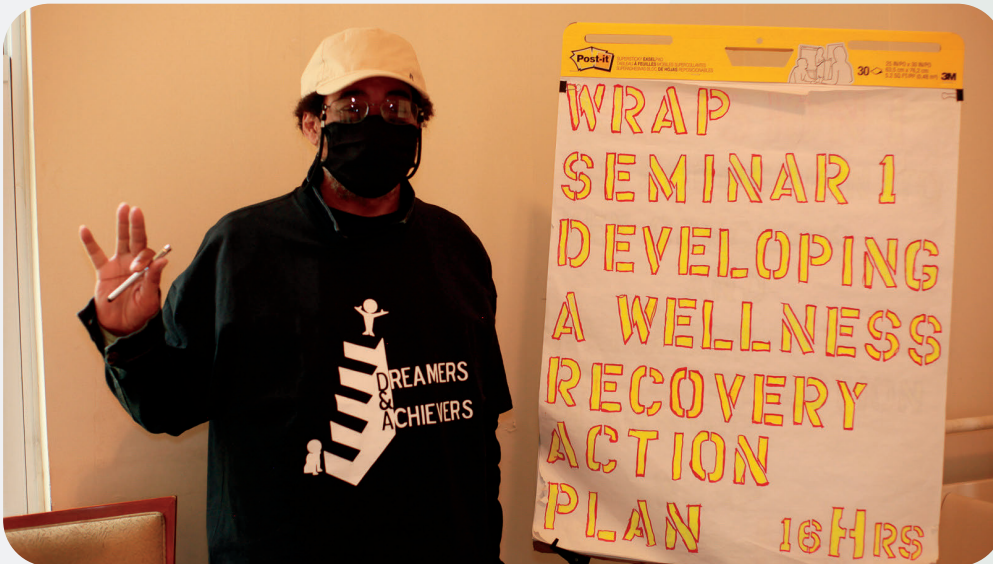
MENTAL HEALTH AWARENESS MONTH



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MENTAL HEALTH AWARENESS MONTH

Partnership - WRAP of DC - Teaches individuals the Wellness Action Recovery Plan (WRAP) which helps individuals dealing with mental illness and/or substance use disorders. Each person creates a plan and uses the tools for their everyday life to prevent a crisis and maintain their wellness.



My Experience at Dreamers and Achievers

My name is Maurice Gross and I have been employed with Dreamers and Achievers Center, formerly known as Our Door Wellness Center since January 2014. Being a part of the recovery process, which I have been associated with for the past 11 years, has opened doors for me that I never expected to walk through. Since the beginning of my recovery process, I have experienced positive steps of growth, which I never thought I could do.

I began my steps of growth when I became a Certified Peer Specialist and Certified Recovery Coach through The Department of Behavioral Health. This process began to show me how I can help others dealing with addictions. I continued with the growing process of receiving my B. S. degree in Human Services (Addiction Counseling) in 2021. These steps of growth helped to show me anything is possible with determination, dedication, trust in God, and belief in myself.

Working with peers, having patience, and the willingness to be of service to others, as well as, working together as a team, has helped with building new skills and education that continue to help me daily. Being an employee with Dreamers and Achievers has opened doors I never thought I would go through, but I have succeeded. Being able to help other individuals, seeing a smile on their faces, and happiness all around makes me very happy to be a part of Dreamers and Achievers Center.



DREAMERS AND ACHIEVERS CENTER

Poetry Corner



WHAT'S IN YOUR HANDS

Do you know what's in your hands?
Do you know your calling?
Are you willing to move out?
or will you stay on pause?

It is time to move forward.
Stop looking back,
You are going in the right direction,
And on the right track,

You are being unwrapped,
Enlarged, untied, loosen, and shifted,
To a higher place in God,
That His glory may be revealed through your gifts,

Come with your heart prepared,
To have your cup filled.
Where your experience will never be the same,
And God's glory will be revealed,

Welcome to the upper room,
As God is waiting for you,
You may not know what to say,
But He knows what to do,

Surrender your all to Him,
Holding nothing back,
Come into His presence,
There will be no lack,

He will fill you up,
With an overflow,
That will last the rest of your life,
Where your light will shine, and your face will glow,

Experiencing something you never felt,
For you will never be the same,
This has never been done before,
And it is in Jesus' name,

You are being empowered,
To do great things,
God is taking you higher,
Than you have ever seen,

You are being unwrapped and set totally free,
Lay all your burdens on the alter today,
Unusually things are going to happen,
Be prepared for God to have His way,

Don't hold back now,
The time has come to surrender your all,
Place what you have in God's hands,
He will increase what you thought was small,

You are now leaving the upper room,
Into a place where you have never been,
You have been groomed,
With power, faith, love, healing, and abundant from on high,

A Mother's Love

As a mother we do many things,
We go over and above,
No matter how we feel,
Nothing holds us back from sharing our love,

This year we lost so many loved ones,
Not necessary of their own doing, which is sad,
There were roads that they took,
That have led them down the wrong path,

As a mother our heart is broken,
When we are not there,
No matter where you are,
Our love is with you everywhere,

Sometimes I know it seems as if we don't care,
But tough love is sometimes needed,
Even when you are not physically there,
The doors are never closed,

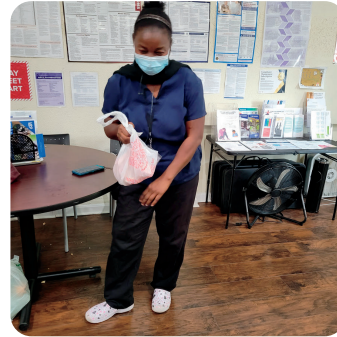
I know when we say no,
You may not always understand,
Sometimes you need to hear it, so you can grow,
Don't take it as we don't know,

Take it as we care,
About your health, physical being, emotional
welfare,
And your overall wellness, for some of us have been
there,
Take it from someone with lived experience,

Who wants the best for you?
Even when you don't see or feel it,
Sometimes touch love is hard to give or do,
But in the end, it shows how much we care too.

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.

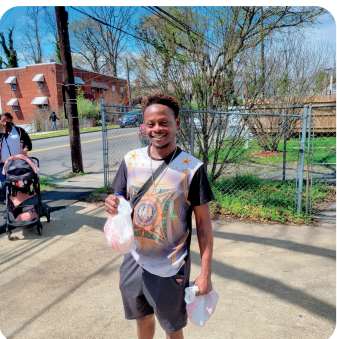


- Chick-fil-a
- Popeyes
- El Sañon de Carmencita
- Giant
- Safeway
- Martha's Table

The Pathway Out to Rightly Guided Life:
AR-RASHIDUN -Community Centert

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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.

- **Community Resource Center**

The center's staff has identified and are able to meet the needs of the community through our outreach program by providing different resources whether it is clothing, food, PPE supplies, resource materials, or just needing someone to talk.

- **One on One Peer Support**

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 Session**

Teaching about social distancing and educating on the benefits and safety of wearing face masks, hand sanitizing, up-to-date changes, guidelines issued by the state or government, and how they feel about COVID.

- **Anxiety and Coping Skill Group**

This group helps people use coping skills to deal with their anxiety. We provide information to help them to recognized things that may trigger their anxiety and what strategies can be used to overcome it.

- **Mindfulness**

Our mindfulness groups meet once a month to learn how to be mindful of our thoughts through meditation and learning how to decrease stress. This group helps us focus on what is going on inside of us and getting a healthy outlook on things around us.

- **Self-Care**

Self-care provides an opportunity for participants to discuss and engage in the different strategies to increase their knowledge of self-care techniques that can be used to improve their overall health.

- **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 a positive ways.

- **Double Trouble**

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 a positive way.

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