



DREAMERS AND ACHIEVERS CENTER

QUARTERLY NEWSLETTER

COMING TOGETHER AND BUILDING
COMMUNITY



Here at Dreamers and Achievers Center, we welcome you to come and be a part of our community where we have a shared purpose. Within the community, it is important that we promote unity, growth, group connection, and inspiration.





COMING TOGETHER

During this past quarter, we have had three events in which we reached out to our community. We had a Community Cookout, an event where we gave out Back to School supplies, and International Overdose Awareness Day where we celebrated those who are in recovery and remembered those we lost.

We had several people who came out and volunteered to help the Community Cookout event to be a success.

We were able to meet new people in the community and let them know what the center is about.

During our Back to School event, we set out to give out 50 backpack supply sets and we were able to give out more during our International Overdose Day Event.

We thank Family and Medical Counseling Services for partnering with us and providing two mobile vans where they were able to do testing for HIV and Hepatitis for International Overdose Awareness Day.

Services offered at FMCS:

- MAT – Medication Assisted Treatment
- Suboxone Treatment
- Individual, Family, and Group Counseling
- Substance Abuse Counseling
- PrEP/ PEP Counseling
- Alcohol – DWI Program
- Needle Exchange Program – Harm Reduction
- Narcan Overdose Prevention
- Food Bank – for HIV Clients
- Hepatitis, and HIV Screenings with Linkage to Care
- HIV & STD Treatment
- Medical Nutrition Therapy and more

Many thanks go out to our participants who took the time to volunteer and assist with our International Overdose Awareness Day. We couldn't have done it without your support.



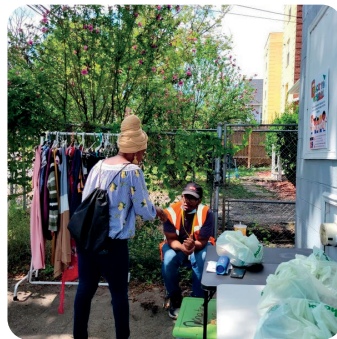
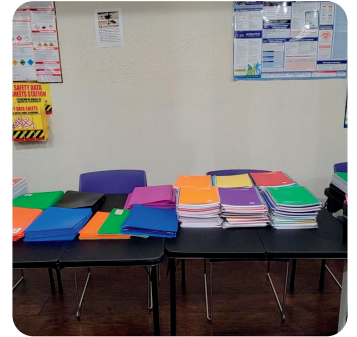
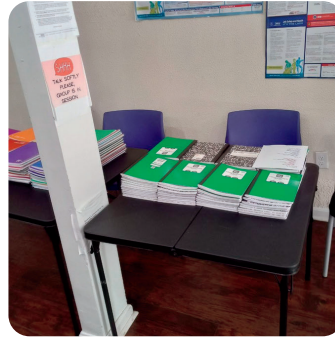
DREAMERS AND ACHIEVERS CENTER

BUILDING COMMUNITY THROUGH GIVING



DREAMERS AND ACHIEVERS CENTER

BUILDING COMMUNITY THROUGH GIVING



To Our Donors

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

GOOD FOOD
MARKETS

Martha's Table

DREAMERS AND ACHIEVERS CENTER

BUILDING COMMUNITY THROUGH GIVING



To Our Donors

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



DREAMERS AND ACHIEVERS CENTER



REFLECTIONS

When you look at your reflection,
What do you see?
Do you see God's light shining in you?
Or do you see what you want to be?

When the water moves,
Does your reflection scatter?
If so, is your life that way,
Do you care or does it matter?

God loves you and wants the best out of you,
He watches everything you do,
And yes, He knows your heart,
He also called you to do your part,

When things seem hard and you want to let go,
Trust in God and know He will not give up,
Remember that you are one of His children,
And He will take care of you; nothing for Him is too much,

For His love is everlasting,
So when you look at your reflection,
Whether it's in the water or in a mirror,
Remember you are looking at God's own creation,

Learn to surrender your all to Him,
Give Him the best of yourself, because He trusts you,
Show God that He's first in your life,
And watch what He will do,

He will do greater things than you can imagine,
Follow His lead without knowing where you are going,
Trust that whatever door He chooses to open or shut,
Will bring miracles without you knowing,

Where or how God will provide,
Wait on God's timing and not worry about your chances,
Trust in His purpose for your life,
Without understanding the circumstances,

Look upon your reflection, can you still see you too,
Can you say that you look like God?
Can you say God's light is shining on you?
If your reflection scatters, will you still do God's will?

By Dorothy Adams March 23, 2013

DREAMERS AND ACHIEVERS CENTER

Activities At The Center

- **WRAP (Wellness Recovery Action Plan)**

This is an individual plan developed and written to encourage people dealing with mental illness and substance misuse to learn ways to prevent and maintain wellness.

- **Substance Support Group**

Facilitated by a Recovery Coach Specialist and Peer 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 is 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 Support is done by staff who have a group of participants assigned to them for one-on-ones. The session is held throughout the week.

- **Spirituality Support Group**

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

- **COVID-19 and other Communicable Disease Sessions**

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. We also provide up-to-date information sessions to educate on other communicable diseases that are affecting our nation.

- **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 get a healthy outlook on things around us.

- **Self-Care**

Self-care provides an opportunity for participants to discuss and engage in 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 positive ways.

- **Double Trouble**

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

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