We invite you to enter a Celebration of Hope & Resilience as MHAST Peers create an authentic theatrical journey and reflection upon personal empowerment within the experience of Recovery.
Cultivating Hope, Healing and Resilience Through Integrative Arts

The goal of this event is to promote an awareness of how the integrative arts can be useful tools to find hope and support in the journey to recovery.

This program will include:
* Musicians/motivational speakers Mike and Jo Whitney and local artists
* Exhibit of expressive arts - incorporating creative engagement as a healing modality.
* Interactive mini workshops (take home items)
* Mindfulness meditation
* Community resources on mental wellness
* Laughing yoga presentation
* Refreshments/light fare

Tabernacle UMC
83 Main St, Binghamton, NY
Parking/Entrance located in back.

Saturday, October 13, 2018
11:00 AM - 2:00 PM

Please RSVP to Tabernacle by Oct 11.
Call 607 723 8983 - (Mon-Thurs 10AM-3PM).
If before or after hours, please leave a message with your name and number of those attending.

Come join us for some fun and new learning experiences

Sponsored by:

Tabernacle UMC
MHAST
The Mental Health Association of the Southern Tier, Inc.
The adult Mental Health First Aid course is appropriate for anyone 16 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions. The adult course is available in both English and Spanish.

Course participants come from a variety of backgrounds and play various roles in a community, and instructors may specialize in providing the course to groups such as police officers or faith leaders. You may know CPR and the Heimlich Maneuver. You can call 911. But can you administer First Aid in a mental health crisis?

It’s easy to tell when someone might be suffering from a heart attack, is choking, or is unable to breathe. But what does depression look like? Or anxiety? Have you met people experiencing:

- Suicidal thoughts or behaviors?
- Trauma?
- Panic Attacks?
- Grief?
- Substance Use Disorders?
- Eating Disorders?

Both adult and youth Mental Health First Aid courses are 8 hours long and feature:

- Hands-on activities and practice
- ALGEE, the 5-step action plan
- An overview of local mental health resources, support groups, and other help
- A resource manual packed with information on all topics covered in the course
MHAST Peers enjoying Drumming Circle at the NYAPRS Conference

Ain’t I Beautiful

Look at the calmness of the river until it meets a bigger river then it joins and makes waves

And ain’t it beautiful

Look at me always reaching until I meet the bigger world and I make waves

And ain’t I beautiful

Look at the sapling reaching for sun

And ain’t it beautiful

Look at me I am young and stretching for my soul to be free

And ain’t I beautiful

Look at the ducks always swimming or flying against a world so much bigger then them

and aren’t they beautiful

Look at me a lone spirit against a vast ocean of spirits

And ain’t I beautiful

-poem selected from Who Am I, by White Deer

White Deer is a local peer and poet. She shared that writing was her voice when she didn’t have a voice and it continues to be a source of strength.
Peer Support Groups to look forward to this month….

**MHAST Endicott Peer Support Group**

First United Methodist Church
53 McKinley Ave Endicott NY

Peer Support Group *TWICE PER MONTH*

Wednesday October 3rd - 4:00 pm to 5:00 pm
Wednesday October 17th - 4:00 pm to 5:00 pm

**MHAST Peer Support Group**

Broome County Library
185 Court Street
Binghamton NY

Peer Support Group
Mondays - 4:00 pm to 5:00 pm

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**Sunrise Wellness Center Peer Support**

MHAST 47 Broad Ave. Binghamton NY

**Men’s Group** Mondays 11 am to 12 pm

**Women’s Group** Tuesdays 10 to 11:30 am

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**Sunrise Wellness Center Staff**

Kim Taro
Director of Sunrise Wellness Center
(607) 771-8888 (ext 335)

Donna Parmer
Recovery Coach & Community Connections
(607) 771-8888 (ext 309)

Cindy Casterlin
Recovery Coach & Expressive Arts
(607) 771-8888 (ext 303)

Janiece Miller
Recovery Coach & Poet
(607) 771-8888 (ext 311)

**Peer Support Values**

- Choice
- Non-Judgmental
- Hopeful
- Empathy
- Mutuality
- Respect

We can help you set up an individual WRAP plan and assist you in establishing a list of long term and short term goals and offer support in all endeavors.

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**You can also meet**

**One-on-One With**

**A Sunrise Wellness Peer Support Recovery Coach**

* Need Help?
* Need someone to talk to?

**Our HOUSE Crisis Respite Program**

Provides a 24/7 Peer Support Line
(607) 240-7291
OUR HOUSE— A Peer-run Short Term Crisis Respite

Our house offers an alternative to emergency hospitalization for individuals 18 and older, experiencing mental crisis or emotional distress. Please contact us by telephone to discuss arrangements. Pre-registration is necessary, as we are unable to accept walk-ins. MHAST Binghamton, NY Telephone Contact: (607) 771-8888 EXT. 350

Dual Recovery Anonymous

Dual Recovery Anonymous™ is an independent, nonprofessional, Twelve Step, self-help membership organization for people with a dual diagnosis. Our goal is to help men and women who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.

Meetings are Saturday and Sunday @2:00pm in the Beacon Drop In Center

Broome County Urban League

SMART Recovery Meetings: every Wednesday @ 6:00 pm

The SMART Recovery® 4-Point Program employs a variety of tools and techniques to help individuals gain independence from addiction and addictive behaviors. SMART Recovery® teaches individuals how to change self-defeating thinking, emotions, and behavior and to work towards long-term satisfactions and quality of life. The group will meet at Urban League on Carroll St Binghamton NY.

For more information, please call (607) 218-5945 or e-mail info@hope607.org.

SUNY ATTAIN Labs at Binghamton

ATTAIN provides communities access to new technologies, education, and technology training. These services are designed to ensure that adult learners succeed not only in college and the workplace, but also meet the emerging needs of employers in New York State. Call and register for an Orientation class!

SUNY ATTAIN Lab @ Broome County Urban League, Binghamton NY (607) 772-4765 or (607) 772-4765

*Other Support Groups in the Community*

Adult Asperger’s Support Group for information contact Alexandra (607) 722-0467

Sarah Jane Johnson United Methodist Church, Johnson City, NY meeting is 3rd Saturday of each month, 1pm—3 pm.

Bereavement Support Group

Location: Lourdes Hospice Office, 4102 Old Vestal Rd, Vestal, NY. Call Marie Halecki at (607) 584-9160

Depressive and Bipolar Support Group A weekly support group for those who struggle with depression. Open to the public. Drop ins welcome. Nor affiliated with UUCB. Location: Unitarian Universalist Church, 183 Riverside Drive, Binghamton, NY. Mondays @ 7 pm to 9 pm Contact Bunny at (607) 239-4624

Family Support Group

For family members who have a loved one with mental illness. Location: Krembs 5 conference room, Binghamton General Hospital on Wednesdays, from 6:30-8 pm. For more information call (607)762-2887. NO pre-registration required.
What’s a WRAP?
Wellness Recovery Action Plan

WRAP is a plan that teaches you how to keep yourself well, to identify and monitor your symptoms and to use simple, safe personal skills, supports, and strategies to reduce or eliminate symptoms. It is not meant to replace, but to complement professional health support and medications.

While developing your own WRAP, you will first want to spend some time developing your “Wellness Toolbox”. This Wellness Toolbox is a listing of those things you may already know and do to take care of yourself and things you think would be helpful. Wellness Tools include things like developing a strong support system; peer counseling; focusing; relaxation and stress reduction exercises; journaling; creative fun and affirming activities; exercise; diet; and getting a good night’s sleep.

Other “Tools” Developed:
- Daily Maintenance
- Triggers
- Early Warning Signs
- When Things Are Breaking Down
- Crisis Plan
- Post Crisis Plan

All of our peers are encouraged to come in and meet with one of our Recovery Coaches on staff, to develop their own personal Wellness Recovery Action Plan.

Call 771-8888 (ext. 309)

The Mirror

The mastectomy left her scared and afraid

Scared she wouldn’t be accepted

Afraid she wouldn’t accept herself

So, after the surgery she looked into the mirror and said a thousand

I love yous, until she believed it

and a thousand more

until she realized

it didn’t matter if others accepted her

and today she wears those scars as marks of passage

Today she screams to the heavens,

“I LOVE ME”

and today she means it

- White Deer
The Sunrise Wellness Center is a free program offering support, education and social opportunities to promote mental, physical and spiritual wellness. This program is peer-operated and recovery oriented. If you or someone you know is in need of support or is looking for an alternative to traditional mental health care, please do not hesitate to contact us. The Sunrise Wellness Center is open to all adults, age 18 and over, and no diagnosis or referral is needed. The services can be used on their own or as a complement to traditional treatments.