



217 North Market Street Frederick, MD 21705
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***Our Mission** is to promote recovery, wellness and peer support in an environment of understanding, advocacy and education to past or present recipients of mental health services*

April - 2013

Annual Site Visit to On Our Own –

A SUCCESS! Representatives from Frederick's Mental Health Management Agency (MHMA) and the County's Mental Health Advisory Committee (FC-MHAC) visited OOO on Tuesday, March 26. We must fulfill our contract to justify our funding with the state under what's called the Conditions of Award (COA). These conditions cover a myriad of requirements such as hours of operations, staffing, bookkeeping, audit, education, training, outreach, anti-stigma education, and many other requirements. Great thanks to Barry, Doug, Kathy L. Kevin F., Lorrie, Mark, Rick P., Scooter, Scott, Ted for cleaning and straightening up the Center - and, special thanks to Charisa and Mary for coordinating and keeping track of the Conditions of Award. It was a major, successful group effort!

HOUSING + JOBS = LIVES

– We are working with friends in Frederick who have experience, special skills, and knowledge -- such as housing and employment and organization development experts -- to explore different ways we can help people who are having trouble finding a place to live and using their abilities to find hope and make things better for themselves. Right now we are meeting to look

At best practices used elsewhere that are leading to success. We also plan on evaluating what others are doing in the community to further these goals and help with their implementation.

The Director of Fairfax County's Office of Preventing and Ending Homelessness

will be in Frederick April 29th at 7 PM at City Hall to talk about his work in Fairfax County. Mr.

Dean Klein has taken some important steps to address homelessness in his sprawling jurisdiction that was recently documented in

the *Washington Post*.

Last summer we saw him at the National Conference on Ending Homelessness, where he was on a panel entitled: *Coming Together: Engaging Reluctant Providers in Community Planning in Ending Homelessness*. He described his efforts to engage key players in the process and emphasized the particular importance that there is in full participation in

collecting and sharing data, systems planning, and coordinating services. Mr. Klein will share insights of how his team engaged and partnered with reluctant service providers to bring them to the table.





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TENETS of INTENTIONAL PEER SUPPORT

- **Learning and Growing** in and from relationship with each other, whoever we are -- regardless of experience, position or role responsibilities
- **Caring for Relationship** in ways that nurture our capacity to stay connected, negotiate, and benefit from differing needs, viewpoints and our priorities
- **Hope-Based Relationships** that believe in ourselves, each other, and the possibilities we can create together for the lives we want to have
- **Discovering and Nurturing Connection** with ourselves, each other, our community and the world at large
- **Listening to Understand and Appreciate**, (rather than judge or change), the diverse views and experiences we each bring to the community
- **Mutuality and Shared Responsibility** for envisioning and creating relationships, communities and a world that works for all of us
- **Moving Toward** in vision and action, the lives, relationships, communities and world we believe in and want to live in

Adapted from Shery Mead's
Intentional Peer Support Approach

WELLNESS PRIMER

ACTIVITIES & MEMBERS MEETING -- Giving everyone voice in policies, and planning events, outings, FUN, and periodic subcommittee deliberations

BIRTHDAYS – Celebrating our April “babies”

BROWN BAG FRIDAYS – Inviting the Frederick community in with our members to share ideas and get to know each other

DBSA -- Depression Bipolar Support Alliance – Providing a place for people to speak freely with confidentiality and share knowledge and comfort

FREE SPIRIT – Sharing spiritual concerns with people of all faiths and all walks of life

HEALING ARTS – Using creativity for the good of the heart and soul

INTENTIONAL PEER SUPPORT/BOOK STUDY -- Deepening relationships by raising concerns, celebrating milestones, sharing hopes and dreams, and giving and receiving support

JOURNALING – Exploring the pleasures of writing – email Michael Groves at frzkafka@gmail.com

MEDITATION - Sahaja Yoga style with our friends Zoreh and Steven

MOVIES — Vacationing through cinema – *(May include mature themes, but not violence, sex or profanity for their own sake)*

OPEN MIKE /COFFEE HOUSE– Having fun and fellowship every Friday evening

OPEN SOCIAL – Enjoying good company, coffee, light fare, board games, cards, music, computers, etc.

THOUGHTFUL - THOUGHT PROVOKING FILMS - Seeing and discussing recovery-themed films - Michael Groves

WOMENS/MENS FREE SPACES – Hanging around folks without the Venus-Mars battle of the sexes

WRAP (Wellness Recovery Action Planning) --Changing your life and learning to act for your recovery rather than react to your symptoms – A new GROUP starts on Apr. 5th with the Center open just for this group



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~ April 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 (Public Speaking at CORE**- 10-11:15) <u>1:30-5:30 p</u> 1:30-3:30 Healing Arts 4-5 Member/Activity Meeting*	2 <u>4-9</u> Fun Night – Open to all Activities determined by membership present (i.e. karaoke, YouTube music, movies, ice cream socials etc...)	3 <u>1:30-5:30 p</u> 1:30-4:30 Movies with Mike 4:30-5:30 Journaling	4 <u>1:30-9 p</u> 2-3 IPS Book Study 7:30-9 DBSA	5 <u>1:30 to 9p</u> 2-3 Meditation 4-5 Self-Esteem Group Special Game Night and Ice Cream Social at CORE** 6:30-8:30	6 <u>10 to 11:30</u> WRAP * <u>11:30 to Noon</u> WRAP Peer Support <u>5-9p</u> Saturday night at the movies. Double feature! CC available for hearing impaired
7 <u>4-9p</u> Free Spirit 6-8	8 <u>1:30-5:30 p</u> 1:30-3:30 Healing Arts 4-5 Member/Activity Meeting*	9 <u>4-9</u> Fun Night – Open to all Activities determined by membership present (i.e. karaoke, YouTube music, movies, ice cream socials etc...)	10 <u>1:30-5:30 p</u> 1:30-4:30 Movies with Mike 4:30-5:30 Journaling	11 <u>1:30-9 p</u> 2-3 IPS Book Study 7:30-9 DBSA*	12 <u>1:30 to 9p</u> 2-3 Meditation 4-5 Self-Esteem Group 6-9 Open Mike Night	13 <u>10 to 11:30</u> WRAP * <u>11:30 to Noon</u> WRAP Peer Support <u>5-9p</u> Saturday night at the movies. Double feature! CC available for hearing impaired
14 <u>4-9p</u> Free Spirit 6-8	15 <u>1:30-5:30 p</u> 1:30-3:30 Celebration of April birthdays 4-5 Member/Activity Meeting*	16 <u>4-9</u> Fun Night – Open to all Activities determined by membership present (i.e. karaoke, YouTube music, movies, ice cream socials etc...)	17 <u>1:30-5:30 p</u> 1:30-4:30 Movies with Mike 4:30-5:30 Journaling	18 <u>1:30-9 p</u> Men's /Women's Day 1:30-5p MEN at the Center. WOMEN at Starbucks 7:30-9 DBSA*	19 <u>Noon to 9p</u> Noon to 1 Brown Bag Lunch 2-3 Meditation 4-5 Self-Esteem Group 6-9 Open Mike Night	20 <u>10 to 11:30</u> WRAP * <u>11:30 to Noon</u> WRAP Peer Support <u>5-9p</u> Saturday night at the movies. Double feature! CC available for hearing impaired
21 <u>4-9p</u> Free Spirit 6-8	22 <u>1:30-5:30 p</u> 1:30-3:30 Healing Arts 4-5 Member/Activity Meeting*	23 <u>4-9</u> Fun Night – Open to all Activities determined by membership present (i.e. karaoke, YouTube music, movies, ice cream socials etc...)	24 <u>1:30-5:30 p</u> 1:30-4:30 Movies with Mike 4:30-5:30 Journaling	25 <u>1:30-9 p</u> 2-3 IPS Book Study 7:30-9 DBSA*	26 <u>1:30 to 9p</u> 2-3 Meditation 4-5 Self-Esteem Group 6-9 Open Mike Night	27 <u>10 to 11:30</u> WRAP * <u>11:30 to Noon</u> WRAP Peer Support <u>5-9p</u> Saturday night at the movies. Double feature! CC available for hearing impaired
28 <u>4-9p</u> Free Spirit 6-8	29 <u>1:30-5:30 p</u> 1:30-3:30 Healing Arts 4-5 Member/Activity Meeting* *** Ending Homelessness Presentation	30 <u>4-9</u> Fun Night – Open to all Activities determined by membership present (i.e. karaoke, YouTube music, movies, ice cream socials etc...)	Notes: * OPEN ONLY FOR THAT GROUP ** CORE is at All Saints Episcopal Church at 106 West Church Street *** Monday night , April 29th at 7 PM Dean Klein, the Director of Fairfax County's Office of Preventing and Ending Homelessness, will be giving a presentation at City Hall's Council Room Keep Posted: We want to go to Frederick's Earth and Space Science Lab's Planetarium show and we are planning a Non-Violent Communication Workshop. with CALM Mediation Center's Director, our Board Member, Linda Hardman			

2012-2013 Board of Directors - Craig Tyler, President / Cecelia Vaccaro Secretary/ Brenda Bell, Treasurer/David Fulton, Sharon Grail, Linda Hardman, Jeffrey Miller, David Pearce / Cathleen Peters

Staff - Charisa Billigmeier, Mary Buckley, Barry Churchill, Michael Groves, Lorrie Jenkins, Ted Randolf, Alan Feinberg - Executive Director



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Frederick's All Day Recovery Conference

on May 10, 2013

KEYNOTE ADDRESS - Gayle Jordan-Randolph, M.D.

Deputy Secretary, Behavioral Health & Disabilities, Maryland's Mental Hygiene Administration
talking about behavioral health's integration

And – our friends from OOO and CORE's public speaking project
will share their life experiences with recovery and wellness from substance abuse and mental health challenges

And...



With many other sessions

Scholarships will be available

April - 2013 Newsletter

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