



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

December - 2012

Mary Sharon Buckley, Administrative Assistant

Dear all our Members & Friends:

Most of you know me, but for those who don't, let me tell you a little about my role at OOO. I am Mary – *the person often in the office* – shuffling papers. Since I tend to be something of an “early bird,” I typically do my work in the morning. One of the favorite parts of my job is planning and implementing special events for all of us at the Center.

What inspired me to write this letter is the deep honor and appreciation I have for all here. It is holiday season and this seems like the perfect time to share this sentiment and my heartfelt feelings.

I must say that for a long time I have struggled with how staff can serve membership while maintaining equality as peers.

We on staff all feel the importance of being servant leaders, and this is basically how I see my role. We are leaders -- *not dictators* -- who have to earn your trust and respect at all times. It is vital that we do our best to live up

to the Intentional Peer Support (IPS) principles -- that are our foundation. In every newsletter, you will find the tenets of IPS on the second page.

As servant leaders, I believe there should be no job beneath us and we always need to show appreciation for the extra help so many

give freely and generously around here. I do notice when coffee has been made, plants watered, ashtrays emptied and many other ways of helping. Also, I notice those who lend superb peer support to others. Thank you for all you do! I consider it an honor and privilege to work with and for you all.





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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
[Peer Support Approach](#)

[Intentional](#)

WELLNESS PRIMER

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

BIRTHDAYS – Celebrating our December “babies”

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

COFFEE HOUSE – Having fun and fellowship every Friday evening

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

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

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

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

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

SELF ESTEEM – Exploring liking yourself

THOUGHTFUL - THOUGHT PROVOKING FILMS —Seeing and discussing recovery-themed films with 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.



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~ December 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 1:30-5:30p Movies available Upon request 2-4p
2 12-5p Free Spirit 1:30-3:30	3 1:30-5:30p Healing Arts 1:30-3:30p Activity/Member Meeting 4-5:30p	4 2-9p DORS Presentation 2-4p WRAP – closed group 4-5p WRAP Peer Support – Open to all	5 1:30-5:30p Thought provoking movies with Michael 1:30-3:30p Journaling 4-5p	6 Board of Directors Meeting 11a-12:30p 1:30-9p IPS Study Group 4-5p DBSA 7:30-9p	7 1:30-9p Self-Esteem 3:30-4:30 Coffee House 5:30-9p	8 1:30-5:30p Movies available Upon request 2-4p
9 12-5p Free Spirit 1:30-3:30	10 1:30-5:30p Healing Arts 1:30-3:30p Activity/Member Meeting 4-5:30p	11 5-9p Fun activities determined by membership present 2-4p WRAP – closed group 4-5p WRAP Peer Support – Open to all	12 1:30-5:30p Thought provoking movies with Michael 1:30-3:30p Journaling 4-5p	13 1:30-9p IPS Study Group 4-5p DBSA 7:30-9p	14 1:30-9p Self-Esteem 3:30-4:30 Coffee House 5:30-9p	15 1:30-5:30p Movies available Upon request 2-4p
16 12-5p Free Spirit 1:30-3:30	17 1:30-5:30p December Birthdays celebrated 1:30-3:30p Activity/Member Meeting 4-5:30p	18 5-9p Fun activities determined by membership present 2-4p WRAP – closed group 4-5p WRAP Peer Support – Open to all	19 1:30-5:30p Thought provoking movies with Michael 1:30-3:30p Journaling 4-5p	20 1:30-9p Men's/Women's Day Women at Starbucks and Men at Center 1:30-5 DBSA 7:30-9p	21 Noon to 9p Brown Bag 12-1 Meditation 2-3 Self-Esteem 3:30-4:30 Coffee House 5:30-9p	22 1:30-5:30p Movies available Upon request 2-4p
23 12-5p Free Spirit 1:30-3:30	24 1:30-5:30p Healing Arts 1:30-3:30p Activity/Member Meeting 4-5:30p	25 4-9p Christmas Potluck Dinner – Bring a dish and/or set up and clean up, but mostly enjoy!	26 1:30-5:30p Thought provoking movies with Michael 1:30-3:30p Journaling Candlelight Tour of Churches – Meet at the Center. – 5p	27 1:30-9p IPS Study Group 4-5p DBSA 7:30-9p	28 1:30-9p Self-Esteem 3:30-4:30 Coffee House 5:30-9p	29 1:30-5:30p Movies available Upon request 2-4p
1:30-3:30 12-5p Free Spirit 1:30-3:30	31 1:30p New Year's Eve Party Gift exchange and music	Notes: Tuesday, Dec. 4 – A presentation about work possibilities at 4-5p Thursday, Dec. 6 -- Board of Directors Meeting 11a-12:30p, at this special time and date Friday, Dec. 21 -- Meditation will be held only once this month Wednesday, Dec. 26 -- Candlelight Tour of Churches – Meet at the Center at 5p Monday, Dec. 31 -- New Year's Eve Party -- Gift exchange and music				

2012-2013 Board of Directors

Craig Tyler, President / Debra Hurley, VP / Cecelia Vaccaro Secretary/ Brenda Bell, Treasurer/David Fulton, Sharon Grail,
 Linda Hardman, Jeffrey Miller, Cathleen Peters

Staff

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



The Importance of Our Monday Members' Meetings – 4 - 5:30 PM

*Your involvement is not only important to us
– it's essential!*

We want to know what you think and feel – your ideas, concerns, and dreams for the Center. This is your place, and the best way for us to share this is to come together as a community and discuss what we all want and need. Our contract with the state requires that we do a survey every year and that normally occurs during our annual meeting in the summer. However, we are finding out that our weekly meetings almost every Monday are a much better way to find out exactly how we should be steering the ship by making continual course corrections with your input.

Lorrie Jenkins has led this effort with other staff and has been doing a terrific job of facilitating these sessions.



People begin by sharing something of meaning for them, like a reading, a poem, music, or anything that lifts spirits. Then, each, if they care to, takes a few minutes to check in and let everyone know what's going on with them or what they want to talk about in the group. From that an agenda is built and everyone is given a chance to speak freely.

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