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[Email: onourownfrederick@gmail.com](mailto:onourownfrederick@gmail.com)

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

November 2012

Alan Feinberg, Executive Director

Barry Churchill has been a steadfast part of On Our Own almost its whole existence here in Frederick. One of Barry's special skills is chronicling what goes on at the Center. Here are just some examples culled from his extensive daily notes:

On October 4th a Wellness and Recovery Action Planning facilitator from On Our Own of Maryland conducted a follow-up workshop at our Center with a number of people from Wellness and Recovery Centers from around the state.

*On October 6th **Musical Minds**, a traveling interactive group, joined us with singing, playing musical instruments, conversation, and great camaraderie. Our Board Member and good friend Dave Fulton and wife provided terrific food, and we had a ball and connected with each other and a number of our friends in the community. Altogether -- it was a breakthrough event in our history.*

All of our Center participants have been significantly supporting each other. We have had a number of new people showing up from referrals and just wandering in, and we enjoy them because their unique personalities and real life experiences enrich us all. We continually find spiritual connections with each other and veteran members come to the side of new members. For instance, recently these are some of the issues we have tackled to help: a person almost disabled from overmedication; a person who found himself homeless here; another fearing eviction and family issues; one with an addiction issue that went from the hospital and subsequent return. We are always

joining with people in need to troubleshoot alternatives using all the community resources and connections we have.

We also welcome people back who have left for a number of reasons. Both members and staff are stepping up with cleaning, and other necessary duties and the Center continues to look and feel better. A street sign is put out every day to welcome people in and to announce what is happening. A brochure and newsletter/calendar box is now mounted on the front door so people passing by can see what we are about and invite them in.

Activities like Thursday night's Depression and Bipolar Support Alliance and Friday night's Coffee House bring people here who can't always join us during the day. Michael Groves' Journaling/Creative Writing Group is continuing its productive learning tradition. He is also offering thought provoking films to enrich our discussions.

We are involved with a large number of boards, agencies, and coalitions in the Frederick. Visits to hospital in-patients are continuing with a growing ability of our people to communicate our mission and presence in the community and present a real alternative to people who experienced crisis and isolation. Other things we have done are like our Peanut's Lucy Van Pelt's 5-cent Psychiatry Booth at In the Street and Rally for Recovery. Our garden in the backyard has had great aesthetic and relaxation value, and our farm garden -- Our Little Garden of Eden -- and the Farmers Market was a huge success, attesting to member planning efforts.





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November 2012

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** a shared vision through action

Adapted from Shery Mead's *Intentional Peer Support Approach*

WELLNESS PRIMER

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

ADDICTIONS/RECOVERY – Fitting needs to topics

APPRECIATION COOKOUT – Recognizing all those that contribute to the Center in various ways

BIRTHDAYS – Celebrating our October “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 atfrzkafka@gmail.com

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

MEDITATION –Steven & Zohreh bring us Sahaja Meditation to ‘live smart’

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 Michal 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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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1:30-9p IPS Study Group 4:30-5:30 DBSA 7:30-9	2 1:30-9p Meditation 2-3 Self-Esteem 3:30-4:30 Coffee House 5:30-9	3 1:30-5:30p Movies available Upon request 2-4p
4 12-5p Free Spirit 1:30-3:30	5 1:30-5:30p Healing Arts 1:30-3:30 Activity/Member Meeting 4-5:30	6 5-9p Fun activities determined by membership present 2-4p WRAP – closed group 4-5 WRAP Peer Support All Welcome	7 1:30-5:30p Thought provoking movies with Michael 2-4p Journaling 4-5	8 1:30-9p IPS Study Group 4:30-5:30 DBSA 7:30-9	9 1:30-9p Meditation 2-3 Self-Esteem 3:30-4:30 Coffee House 5:30-9	10 1:30-5:30p Movies available Upon request 2-4p
11 12-5p Free Spirit 1:30-3:30	12 1:30-5:30p Healing Arts 1:30-3:30 Activity/Member Meeting 4-5:30	13 5-9p Fun activities determined by membership present 2-4p WRAP – closed group 4-5 WRAP Peer Support All Welcome	14 1:30-5:30p Thought provoking movies with Michael 2-4p Journaling 4-5	15 1:30-9p Men's/Women's Day Men at Frederick Coffee Co. and Women at Center DBSA 7:30-9	16 Noon to 9p Brown Bag 12-1 Meditation 2-3 Self-Esteem 3:30-4:30 Coffee House 5:30-9	17 1:30-5:30p Movies available Upon request 2-4p
18 12-5p Free Spirit 1:30-3:30	19 1:30-5:30p November Birthdays celebrated 1:30-3:30 Activity/Member Meeting 4-5:30	20 5-9p Thanksgiving Celebration 2-4p WRAP – closed group 4-5 WRAP Peer Support All Welcome	21 1:30-5:30p Thought provoking movies with Michael 2-4p Journaling 4-5	22 1:30-9p IPS Study Group 4:30-5:30 DBSA 7:30-9	23 1:30-9p Meditation 2-3 Self-Esteem 3:30-4:30 Coffee House 5:30-9	24 1:30-5:30p Movies available Upon request 2-4p
25 12-5p Free Spirit 1:30-3:30	26 1:30-5:30p Healing Arts 1:30-3:30 Activity/Member Meeting 4-5:30	27 5-9p Fun activities determined by membership present 2-4p WRAP – closed group 4-5 WRAP Peer Support All Welcome	28 1:30-5:30p Thought provoking movies with Michael 2-4p Journaling 4-5	29 1:30-9p IPS Study Group 4:30-5:30 DBSA 7:30-9	30 1:30-9p Meditation 2-3 Self-Esteem 3:30-4:30 Coffee House 5:30-9	Board of Directors meeting to be determined

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



November 2012

On Fridays from 2-3 PM our friends Zoreh and Steven have begun a free Sahaja Meditation Group at OOO.



So, if stress has you anxious, tense and worried, consider trying this great opportunity. Spending even a few minutes in meditation can restore your calm and inner peace. Meditation can produce a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process results in enhanced physical and emotional well-being.

Meditation and emotional well-being

When you meditate, you clear away the information overload that builds up every day and contributes to your stress. The emotional benefits of meditation include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions

November 2012 Newsletter
On Our Own of Frederick County, Inc.
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