

# Archway Station Short Takes May 2016

**Check out Short Takes on the web @ <http://archwaystationinc.org>  
choose links on the left, then Short Takes**

Archway Station  
Wellness &  
Recovery Center  
121 Memorial  
Avenue  
Cumberland, MD  
21502  
301-724-2582  
Ext. 103  
Website-<http://archwaystation-inc.org>

## **Special Points of Interest:**

Annual Picnic

On Our Own  
Conference

Vote for Favorite  
Worker

## **Inside this Issue:**

Wellness &  
Recovery  
Center  
Information

Games &  
Puzzles

Complaint  
Procedures

## **What is Borderline Personality Disorder?**

**The symptoms of Borderline Personality Disorder can be summarized as instability in mood, thinking, behavior, personal relations, and self-image. Individuals with the disorder may:**

- demand constant attention and make unreasonable demands
- avoid being alone by acting out a crisis or dramatizing a problem
- display provocative behavior
- go on eating or spending binges
- threaten or attempt suicide
- cut, burn or scratch themselves
- have mood swings, brief periods of severe depression or anxiety, or intense anger over something minor
- engage in self-destructive behavior like reckless driving, or abuse of alcohol and other drugs

## **Possible Origins and Causes of Borderline Personality Disorder:**

The cause of Borderline Personality disorder is still unclear. Research shows that chemical imbalances in the brain and other biological factors may be involved. People with personality disorders often use “defense mechanisms”, or coping strategies, that allow them to deny responsibility for their feelings and actions. One defense is called “splitting” – putting some people on a pedestal while devaluing others. Another defense is called “projective identification” - which involves denying one’s feelings, attributing them to someone else.

## **Treatment Options:**

Psychotherapy is commonly the chosen treatment, helping the individual recognize and control the behaviors and mood swings, and process negative thoughts and feelings. Personality disorders are long-standing methods of coping with the world, relationships, and emotions, that often do not work. Therefore, individuals with BPD usually require long-term, outpatient treatment. Medications can be used to help stabilize mood swings and impulsive behavior. Medication, though, is rarely effective without individual therapy and group or family therapy as the cornerstone.

# **Archway Station, Inc.**

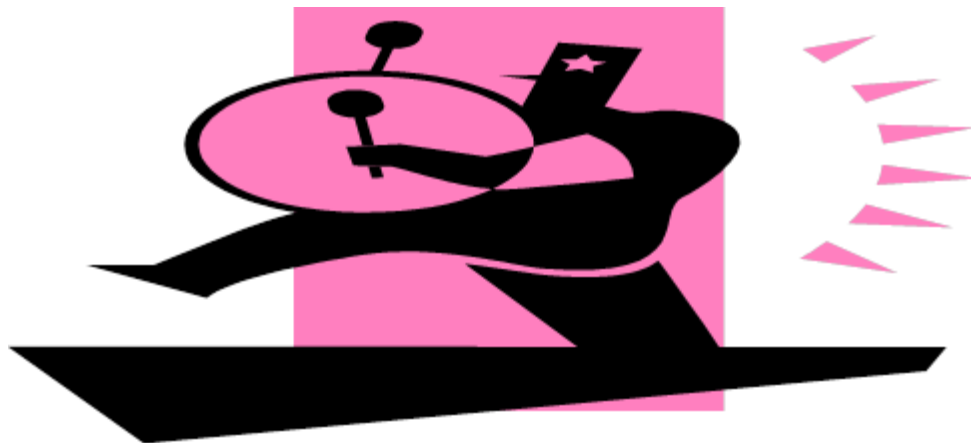
## **Person-Centered Planning Philosophy**

Archway believes in and uses the philosophy and approaches of person-centered planning. One critical way to show respect for each person's individuality is through the use of person-centered planning which focuses on first, understanding the person and then, helping the person use effective decision-making skills to guide their journey of recovery.

Person-centered planning means that we listen to you closely in order to understand what is important to you in your life. We listen to what is and isn't working for you and what you think needs to change. Workers form a helping partnership with you and work together on a plan that is meaningful to you. We help you find a main goal to work on and break it down into a few steps that will help you reach your goals.

# ***RECOGNITION DAY***

On Monday, May 30th, we will be celebrating Recognition Day by spending the full day at Rocky Gap State Park. We will leave the Center at 9:30AM, take a packed lunch and return to the Center at 1:00PM. Hope you can join us!





# May 2016

## W&R Center ACTIVITY Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30-11:00</b>  <hr/> <b>11:00-11:45</b> <hr/> <b>11:45-1:00</b>	<b>2</b> AM Circle & Short Takes Review  <hr/> <b>Lunch</b> <hr/> PM Circle & Baking for the Bake Sale	<b>3</b> Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	<b>4</b> AM Circle & Car Wash & Bake Sale  <hr/> <b>Lunch</b> <hr/> Car Wash & Bake Sale	<b>5</b> Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	<b>6</b> AM Circle & Skin Cancer Awareness  <hr/> <b>Lunch</b> <hr/> PM Circle & Card/Board Games – Player's Choice
<b>9:30-11:00</b>  <hr/> <b>11:00-11:45</b> <hr/> <b>11:45-1:00</b>	<b>9</b> AM Circle & Current Events  <hr/> <b>Lunch</b> <hr/> PM Circle & Wii, Play Station & Xbox	<b>10</b> Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	<b>11</b> AM Circle & Armchair Travel  <hr/> <b>Lunch</b> <hr/> PM Circle & Karaoke	<b>12</b> Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	<b>13</b> AM Circle & Seven Foods That Help You Lose Weight  <hr/> <b>Lunch</b> <hr/> PM Circle & Name That Tune
<b>9:30-11:00</b>  <hr/> <b>11:00-11:45</b> <hr/> <b>11:45-1:00</b>	<b>16</b> AM Circle & Assertive vs Passive vs Aggressive  <hr/> <b>Lunch</b> <hr/> PM Circle & Yard Games – You Choose	<b>17</b> Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	<b>18</b> AM Circle & How Not to Lose Your Temper  <hr/> <b>Lunch</b> <hr/> PM Circle & Name That State	<b>19</b> Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	<b>20</b> AM Circle & Men/Women's Group  <hr/> <b>Lunch</b> <hr/> PM Circle & Name Ten















<b>9:30-11:00</b>  <hr/> <b>11:00-11:45</b>  <hr/> <b>11:45-1:00</b>	<b>23</b> AM Circle & HIG? Meeting  <hr/> <b>Lunch</b>  <hr/> PM Circle & Craft Project – You Choose	<b>24</b> Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	<b>25</b> AM Circle & Smoking Cessation w/ Lisa  <hr/> <b>Lunch</b>  <hr/> PM Circle & Bingo—win some prizes	<b>26</b> Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	<b>27</b> AM Circle & Personal Best Healthlines  <hr/> <b>Lunch</b>  <hr/> PM Circle & Dancing – You Choose
<b>9:30-11:00</b>  <hr/> <b>11:00-11:45</b>  <hr/> <b>11:45-1:00</b>	<b>30</b> Recognition Day at Rocky Gap  	<b>31</b> Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.			

## COMMUNITY VOLUNTEER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SCHEDULE</b>		Downtown 9am-12pm Packed lunch		Downtown 9am-12pm Packed lunch	Food Bank Cleaning 9:30am-11am
<b>11:00 – 11:45</b>	<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>
<b>AFTERNOON SCHEDULE</b>	Recycling as needed 11:45am-1:15pm				
<b>FOOD BOX DELIVERY ONE MONDAY &amp; FRIDAY PER MONTH</b>	<b>5/9/16</b> FOOD BOX HOME DELIVERY 9:30am-11am				<b>5/6/16</b> FOOD BOX HOME DELIVERY 11:45am-1:15pm

## May 2016 - COMMUNITY ACTIVITIES

**Earn 5 Recovery Points** the week before at the W&R Center and then you can pick a community activity you want to join the following week.

DAY/DATE	ACTIVITY	
	Morning 9:30-11am	Afternoon 11:45-1pm
Wednesday, May 4 5 Recovery Points! 	Shopping at LaVale Plaza 	Take a walk on the Canal 
Wednesday, May 11 5 Recovery Points! 	Allegany County Library 	Fun @ Constitution Park 
Wednesday, May 18 5 Recovery Points! 	Let's Go Fishing 	Visit D.Q or Page's 
Wednesday, May 25 5 Recovery Points! 	Allegany County Library 	Bowling at White Oaks 

**Wellness & Recovery Center**  
**Morning Snack (9:00AM-9:30AM)**  
**May 2016**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>2</b> Waffle Juice	<b>3</b> <b>N/A</b> <b>CLOSED</b>	<b>4</b> Cereal Milk	<b>5</b> <b>N/A</b> <b>CLOSED</b>	<b>6</b> Cinnamon Toast Pineapple
<b>9</b> Cottage Cheese Peaches	<b>10</b> <b>N/A</b> <b>CLOSED</b>	<b>11</b> Bagel Applesauce	<b>12</b> <b>N/A</b> <b>CLOSED</b>	<b>13</b> Pancake Milk
<b>16</b> Blueberry Muffin Juice	<b>17</b> <b>N/A</b> <b>CLOSED</b>	<b>18</b> Graham Crackers Milk	<b>19</b> <b>N/A</b> <b>CLOSED</b>	<b>20</b> Rice Krispie Treat Banana
<b>23</b> Yogurt Pretzels	<b>24</b> <b>N/A</b> <b>CLOSED</b>	<b>25</b> Oatmeal Milk	<b>26</b> <b>N/A</b> <b>CLOSED</b>	<b>27</b> Pop Tart Milk
<b>30</b> Clementine Ritz Crackers	<b>31</b> <b>N/A</b> <b>CLOSED</b>			

**Wellness & Recovery Center**

**Lunch M-W-F (11am-11:45am)**

**T & Th. Packed lunches will be delivered to Rose's @ 12pm if ordered by 10am each day**

**(All meals served with bread, milk & salad bar on M-W-F)**

**May 2016**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>
<b>2</b> Ham Broccoli Watermelon	<b>3 Order by 10 am</b> Krab Salad Cheese Stick Celery Kiwi	<b>4</b> Chicken Nuggets Baked Beans Jell-O w/ Fruit	<b>5 Order by 10 am</b> Hoagie Baby Carrots Raisins	<b>6</b> Fish Lima Beans Orange
<b>9</b> Honey Mustard Chicken Corn Apricots	<b>10 Order by 10am</b> Ham & Cheese Sandwich Broccoli Peach	<b>11</b> Meatloaf Mashed Potatoes Pineapple	<b>12 Order by 10am</b> Buffalo Chicken Sandwich Cauliflower Plum	<b>13</b> Tomato Soup Grilled Cheese Sandwich Grapes
<b>16</b> Hot Turkey Sandwich Green Beans Applesauce	<b>17 Order by 10am</b> Roast Beef Sandwich Baby Carrots Strawberries	<b>18</b> Chicken Fajita Black Beans Banana	<b>19 Order by 10am</b> Peanut Butter & Jelly Sandwich Broccoli Cranberries	<b>20</b> BBQ Beef Mixed Veggies Honeydew
<b>23</b> Stuffed Pepper Cole slaw Pears	<b>24 Order by 10am</b> Ham Salad Sandwich Cherry Tomatoes Clementine	<b>25</b> Teriyaki Chicken Spinach Tropical Fruit	<b>26 Order by 10am</b> Turkey Wrap Broccoli Raspberries	<b>27</b> Cream Chicken Chick Pea Salad Blueberries
<b>30</b> Hot Dog Potato Salad Cantaloupe	<b>31 Order by 10am</b> Bologna Sandwich Red Peppers Blackberries			

**Wellness & Recovery Center**  
**Afternoon Snack (1:00pm—1:30pm)**  
**May 2016**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>2</b> Bagel Applesauce	<b>3</b> <b>N/A</b> <b>Closed</b>	<b>4</b> Pears Milk	<b>5</b> <b>N/A</b> <b>Closed</b>	<b>6</b> Peanut Butter Crackers Cheese Stick
<b>9</b> Rice Krispie Treat Juice	<b>10</b> <b>N/A</b> <b>Closed</b>	<b>11</b> Wheat Crackers String Cheese	<b>12</b> <b>N/A</b> <b>Closed</b>	<b>13</b> Corn Muffin Milk
<b>16</b> Vanilla Wafers Milk	<b>17</b> <b>N/A</b> <b>Closed</b>	<b>18</b> Fruit Cocktail Chex Mix	<b>19</b> <b>N/A</b> <b>Closed</b>	<b>20</b> Celery Peanut Butter
<b>23</b> English Muffin Oranges	<b>24</b> <b>N/A</b> <b>Closed</b>	<b>25</b> Oatmeal Cookie Milk	<b>26</b> <b>N/A</b> <b>Closed</b>	<b>27</b> 1/2 Peanut Butter Sandwich
<b>30</b> Yogurt Strawberries	<b>31</b> <b>N/A</b> <b>Closed</b>			

## Archway Wellness & Recovery Van Run

There will be no public buses running on Monday 5/30.  
Therefore, the Wellness & Recovery Center will be doing a van run.

Below is the time and place the Wellness & Recovery Center van will be stopping to pick up those who plan to come to the Center.

### Morning run:

- 9:00 am - Rose's

If you need the van to make another stop that isn't listed, please call the Wellness & Recovery Center @ 301-724-2582 Ext. 118, at least 1 day ahead to arrange being picked up.

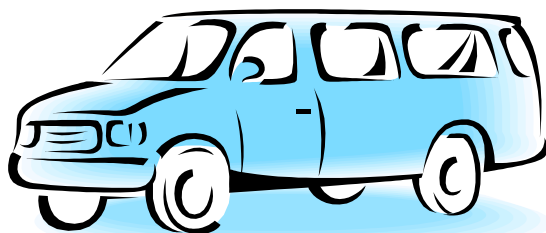
The van will leave the Wellness & Recovery Center at 1:15pm to drop people off at Rose's in the afternoon.

FYI: This is the link to the new bus schedule and bus route map:

<http://www.gov.allconet.org/ACT/schedules.html>

[http://www.gov.allconet.org/act/printable/Bus\\_Schedule\\_Legal.pdf](http://www.gov.allconet.org/act/printable/Bus_Schedule_Legal.pdf)

On this web page, you can also type in where you want to be picked up, at what time, and where you need to go. It will calculate a bus route for you.







# Your Invitation To:



## *The Archway Annual Recognition Picnic ...*

**Theme: Superheroes!**

*Who is YOUR favorite Superhero?*

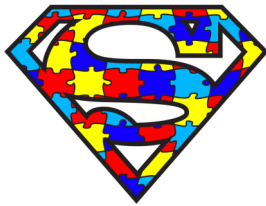


**June 15, 2016**

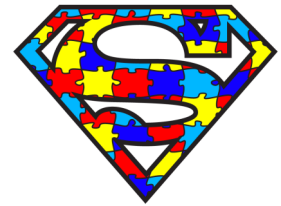
**5 to 8:00 pm**



**RSVP** to Tammy Wolford @ Archway by 6/9/16  
(301) 777-1700 X111



## ***LOCATION***



***Allegany County Fairground Multi-Purpose Building***

***Directions:** Take 220 South (McMullen Highway) thru Bowling Green until you see Shooter's Bar on the left. Turn left onto Moss Avenue. Cross railroad tracks and bear to your right.*

***~ Look for signs!***





# On Our Own Conference

This year's On Our Own conference will be held in Ocean City, MD on Thursday, June 9th & Friday, June 10th.

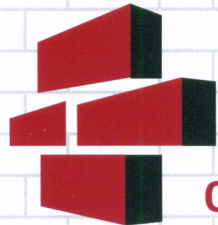
Come join us for: messages of hope and recovery; workshops that will inspire you; making connections with people from across the State; an awards dinner to celebrate accomplishments; an evening of fun; and much more. To learn more talk to your Archway worker or Tina Thomas @ 301-724-2582, extension 117.

If interested, complete the 2 forms listed below and return them, along with a \$10 cash deposit, to Tina Thomas at the Wellness Center (the forms are located at the back of this packet):

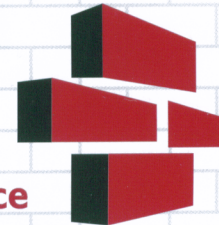
- ◆ Registration Form (complete highlighted sections only)
- ◆ Scholarship Form (essay portion will determine who attends)
- ◆ \$10 cash deposit (*Required with your registration and scholarship form!*  
*Your forms will not be accepted if you don't send \$10 with them.*)

- ~ You must be in good credit standings with the agency to be eligible to go to the conference with us. Ask if you are not sure.
- ~ A limited number of people will be able to attend since the conference is out of town. If you are not selected, based on your scholarship application your \$10 deposit will be returned.
- ~ If you are selected to attend your \$10 deposit will ***not*** be returned and will go toward your conference expenses.

**Deadline to have both forms and \$10 to Tina Thomas is  
Friday, May 13th! *NO EXCEPTIONS!!***



# Building Blocks of Recovery: Housing, Health & Hope



On Our Own of Maryland's 2016 Annual Conference

## CONFERENCE AGENDA

### DAY ONE: THURSDAY, JUNE 9, 2016

**Note: No Lunch Served on June 9, 2016**

11:00 - 1:00 PM ..... Registration - Visit Exhibit Tables

12:00 - 1:00 PM ..... Reception & Light Refreshments

1:15 - 1:30 PM ..... Welcoming Remarks

**Patrice O'Toole, President, OOOMD**

1:30 - 3:00 PM ..... Keynote Address

**"Building Blocks of Recovery: Housing, Health & Hope"**

**Jody Silver, Executive Director**

Collaborative Support Programs, Freehold, NJ

3:00 - 3:30 PM ..... Break

3:30 - 5:00 PM ..... Workshop Series A

5:00 - 6:30 PM ..... Break; Dress for Dinner

6:30 - 8:45 PM ..... Awards Dinner

#### Honorees:

**Kim Burton, Director of Older Adult Programs**

Mental Health Association of Maryland

**Eileen Hansen, Director of Programs**

Behavioral Health Systems Improvement Collaborative,

University of Maryland, Baltimore

**Rick Rock, Executive Director**

Washington County Mental Health Authority

**John Winslow, Program Director (retired)**

Dorchester County Addictions Program,

Dorchester County Health Department

9:00 - 10:00 PM ..... Swimming at the Indoor Pool

9:30 - 1:00 AM ..... Time for fun!

Join us for:

Karaoke & Dance Party ~ Evening Workshops

### DAY TWO: FRIDAY, JUNE 10, 2016

7:45 - 9:00 AM ..... Breakfast

8:00 - 9:30 AM ..... Registration

9:00 - 9:30 AM ..... Special Presentation

**"Future Vision for Maryland's Behavioral Health System"**

**Dr. Barbara Bazron, Executive Director**

Behavioral Health Administration of Maryland

9:30 - 10:30 AM ..... General Session

Panel Presentation

**"Innovations in Peer Support"**

**Dr. Barbara Bazron, Executive Director**

Behavioral Health Administration of Maryland

**Thomas Hicks, Executive Director**

Helping Other People Through Empowerment (HOPE),  
Baltimore City

**Diane McComb, President**

Main Street Housing, Inc. &

Former Deputy Secretary

Maryland Department of Disabilities

**LaVerne Miller, Senior Policy Associate**

Policy Research Associates, Inc., Delmar, NY

**Jim Raley, Executive Director**

Officer of Consumer Advocates, Inc., Hagerstown, MD

**Wilmore "Bunky" Sterling, Executive Director**

Lower Shore Friends, Inc., Salisbury, MD

10:30 - 11:00 AM ..... Break

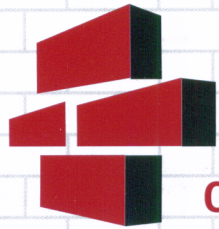
11:00 - 12:30 PM ..... Workshop Series B

12:30 - 2:00 PM ..... Lunch

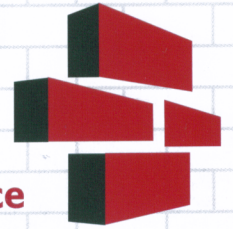
2:00 - 3:30 PM ..... Workshop Series C

3:30 - 4:00 PM ..... Return to General Session  
Wrap Up & Raffle Prizes





# Building Blocks of Recovery: Housing, Health & Hope



On Our Own of Maryland's 2016 Annual Conference

## CONFERENCE OVERVIEW

Join us on June 9 & 10, 2016 for On Our Own of Maryland's Annual Conference being held at the beautiful Princess Royale Hotel in Ocean City, MD. This year's conference is being co-hosted by our subsidiary corporation Main Street Housing.

The theme for our 2016 conference is: "Building Blocks of Recovery: Housing, Health and Hope." Within this theme, we will explore housing models, supports and opportunities; healthy living concepts; with a special focus on hope and happiness for ourselves as individuals and as collective peer communities. The kick-off to our 2016 conference will be our keynote speaker, Jody Silver, who is the Executive Director of Collaborative Support Programs of New Jersey (CSP-NJ) where more than 60% of the staff at all levels are peers with lived experience of mental health and substance abuse challenges.

Along with our dynamic keynote speaker, we are delighted to have some wonderful special guest presenters including LaVerne Miller, J.D., Senior Project Associate with Policy Research Associates in Delmar, NY; Alison Carter, Trainer/Consultant from Berkeley Springs, WV; and Kathy Fritze, R.N. BSN, Integrative Energy Therapist from Baltimore, MD.

There will be a wide variety of informative workshop topics focusing on issues such as peer support, peer-run respite/crisis homes, aging issues, spirituality, WRAP for Clutter, health and wellness, housing, holistic healing, behavioral health, advocacy issues, GLBTQ issues, criminal justice issues, employment, medication assisted treatment, and more! A list of all the workshops will be available on our website after May 1st at <http://www.onourownmd.org/events>.

Our annual Awards Dinner will take place on Thursday evening. Following dinner there will be several activities including singing on the beach, and our annual Karaoke and dance with a (Building) Block Party theme.

Our general session on Friday, June 10th begins with a presentation by the new Executive Director of Maryland's Behavioral Health Administration, Dr. Barbara Bazron, speaking about her vision for Maryland's behavioral health system. Following Dr. Bazron there will be a panel presentation which includes key peer leaders highlighting the importance of peer-support systems-wide both in Maryland and at the national level.

Come hear inspiring and informative speakers, join in the fellowship of our consumer movement, meet and greet old friends, make new ones, and learn more about the "Building Blocks of Recovery: Housing, Health and Hope." Join us on the beautiful beach in Ocean City, Maryland this June!

## Special Guest Presenters



**LaVerne Miller, J.D.**  
*Senior Project Associate,*  
Policy Research Associates, Delmar, NY



**Alison Carter**  
*Trainer/Consultant,*  
Berkeley Springs, WV



**Kathy Fritze, R.N. BSN,**  
*Integrative Energy Therapist,*  
Baltimore, MD

June 9 & 10, 2016 ~ Princess Royale Hotel, Ocean City, MD





# Building Blocks of Recovery: Housing, Health & Hope



On Our Own of Maryland's 2016 Annual Conference

## AWARDS DINNER



### Award of Special Recognition – Kim Burton

On Our Own of Maryland's **2016 Award of Special Recognition** is being presented to **Kim Burton**. Kim is the Director of Older Adult Programs for the Mental Health Association of Maryland where she oversees education and advocacy activities in support of older adults with behavioral health disorders. Kim has more than 20 years of experience providing geriatric and caregiving education and she has developed training curriculum widely used in Maryland. As the Chair of the Maryland Coalition on Mental Health and Aging, Kim works with state agencies on policy issues related to aging in place and long term care reform.



### Lifetime Achievement Award – Eileen Hansen

On Our Own of Maryland's **2016 Lifetime Achievement Award** is being presented to **Eileen Hansen**. Eileen serves as the Director of Programs, Behavioral Health Systems Improvement Collaborative in the University of Maryland School of Medicine, Department of Psychiatry. She is responsible for administering University of Maryland contracts with Maryland's Behavioral Health Administration (BHA) to provide training, conferences, and implementation of evidence-based practices to state and local mental health administrators, providers, consumers, and family members throughout the state. She also oversees the implementation of evidence-

based practices, bringing research-based knowledge to routine mental health settings within Maryland's public behavioral health system. Ms. Hansen received her MSSW from Columbia University in New York.



### Visionary Award – John Winslow

On Our Own of Maryland and the Anti-Stigma Project's **2016 Visionary Award** is being presented to **John Winslow**. John is Coordinator of the Maryland chapter of the National Council on Alcoholism & Drug Dependence's Recovery Leadership Program. He is also outgoing President of the Maryland Addictions Directors Council (MADC) and until recently served as Director of the Dorchester County Addictions Program and the DRI-DOCK Recovery & Wellness Center. He has more than 35 years of working in a variety of settings concerning addictions prevention, treatment, and recovery, including as a nationally-recognized advocate and sought-after trainer. He has been a member of our Anti-Stigma Project since 2013 and is in his 40th year of continuous recovery.



### Distinguished Service Award – Rick Rock

On Our Own of Maryland's **2016 Distinguished Service Award** is being presented to **Rick Rock**. Rick is the Executive Director of the Washington County Mental Health Authority, the Core Service Agency for Washington County in Hagerstown, MD which is responsible for the administrative, financial, and clinical oversight of publicly financed behavioral health services for the County. Rick has been involved at all levels of mental health services during his 40+ year career in the Washington County Mental Health System. During the course of his professional development, Rick has been a first-hand witness to the evolution of the mental

health system in Maryland. Rick is a past President of Maryland Association of Core Service Agency Directors, and has been a strong supporter of the consumer movement both in Washington County and throughout Maryland.

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June 9 & 10, 2016 ~ Princess Royale Hotel, Ocean City, MD



# Building Blocks of Recovery: Housing, Health & Hope

On Our Own of Maryland's 2016 Annual Conference

June 9 & 10, 2016 ~ Princess Royale Hotel, Ocean City, MD

## CONFERENCE REGISTRATION

SPACE IS LIMITED SO REGISTER EARLY! DEADLINE IS MAY 20, 2016

Please use a separate form for each registrant. Copy as needed. Please print clearly.

Name: \_\_\_\_\_

Organization: Archway Station, Inc.  
(only if it is part of the address below)

Address: 408 North Centre St.

City/State/Zip: Cumberland, MD 21502

Phone #: (301) 724-2582 x 117

E-Mail: \_\_\_\_\_

Special Needs\*: \_\_\_\_\_

\* Requests for special accommodations, including interpreter services and dietary needs must be received by May 20, 2016.

Roommate Preference\*\*: \_\_\_\_\_

\*\*Double occupancy registrants (including scholarship recipients) who do not give the name of a preferred roommate will be assigned one.

Check here if a vegetarian meal is requested: ☐

A limited number of hotel rooms have been reserved for the conference. Please register early to ensure overnight accommodations.

Please register me for the following:

- ☐ Thursday, June 9 - conference only (no meals)
- ☐ Thursday, June 9 - Awards Dinner only
- ☐ Friday, June 10 - conference & lunch
- ☐ Thursday & Friday, June 9 & 10 - conference & lunch (NO overnight lodging)
- ☒ Thursday & Friday, June 9 & 10 - conference, all meals, & lodging (double occupancy)
- ☐ Thursday & Friday, June 9 & 10 - conference, all meals, & lodging (single occupancy)
- ☐ Membership fee (optional - see below\*) JOIN & SAVE!
- ☐ Late fee for all registrations postmarked after May 20th  
(Hotel room is for Thursday night only)

Member Cost*	Non-Member Cost*	Amount Enclosed
\$50	\$70	\$ _____
\$45	\$55	\$ _____
\$80	\$100	\$ _____
\$125	\$165	\$ _____
\$215	\$270	\$ <u>215.00</u>
\$265 (see below for membership fees)	\$310	\$ _____
\$10	\$10	\$ _____
Total		\$ <u>215.00</u>

### \*MEMBERSHIP INFORMATION

Members are those who have paid dues or made equivalent contributions during the past year. To find out if your membership is current, please call On Our Own of MD. To become a member, include dues with your conference registration fee. Check which fee applies.

- ☐ \$10 for consumer/survivors
- ☐ \$ 2 for consumer/survivors on disability income
- ☐ \$25 for non-consumer friends and family members
- ☐ \$50 for organizations

### SCHOLARSHIP INFORMATION

A limited number of scholarships are available for consumers who reside in Maryland. For scholarship applications, call On Our Own of Maryland at 410-540-9020 or 1-800-704-0262.

### REGISTRATION DEADLINE: MAY 20, 2016

Registration must be postmarked by May 20, 2016. Confirmation of your registration will be mailed to you. Enclose \$10 late fee for all registrations postmarked after May 20, 2016.

**Refund policy: Cancellations must be received in writing. If received before June 1, 2016 you will receive a full refund; if between June 1 and June 6 you will be subject to a 50% cancellation fee; after June 6 or (no shows), there will be no refund.**

### PAYMENT INFORMATION

Make your check payable to On Our Own of Maryland, Inc. and return with this form to:

On Our Own of Maryland, Inc.  
7310 Esquire Court, Mail Box 14  
Elkridge, MD 21075

You may also fax this form to our office at 410-540-9024; however, a hard copy and a check must also be sent.

For an extra fee, you may also pay by credit card over the phone by contacting Judith Kuzmak or Kristen Myers at 410-540-9020.

### FOR MORE INFORMATION

Contact On Our Own of Maryland, Inc.  
410-540-9020 • 1-800-704-0262 (toll-free)  
Email: ooomd@onourownmd.org

(This application must be returned with Registration Form)

Daytime Phone #: \_\_\_\_\_

No

No

[illegible]

# Vote for Your Favorite Worker!

At a How's It Going? meeting, it was suggested that people have the chance to recognize workers who they thought were doing a great job. So, here's your chance!

If you think someone is really great, tell us why. Fill out this form and send it to Sue Pyles at the Wellness and Recovery Center by Friday, May 20th. Sue will bring all the forms to the HIG meeting on Monday, May 23rd. The group will pick one staff person to be recognized for their good work during the quarter.

Please pick someone who has not won in the past year.

Here's who has won:  
Janet G., Teresa W., Joe B. & Alex C.

Person's name \_\_\_\_\_

Why I think this person  
is doing a great job:

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## **Bacon, Onion & Cheese Stuffed Burger**



### **Ingredients:**

1 ½ Pounds Ground Beef or Turkey Burger  
1 Clove Garlic, Minced  
1 Teaspoon Hot Sauce (Recommended: Frank's Red Hot)  
Salt and Freshly Ground Black Pepper  
4 Strips Bacon, Diced  
½ Onion, Chopped  
1 Cup Grated Sharp Cheddar  
4 Burger Buns  
Lettuce, Tomato, and Pickles

### **Directions:**

In a bowl combine beef, garlic, hot sauce, salt and pepper, to taste, being careful not to over mix. Warm a skillet over medium heat and fry bacon until crispy. Transfer to a paper towel-lined plate to drain. Keep heat on skillet and fry a pinch of beef in the bacon fat to test seasoning. Adjust seasoning, if needed, and then form 8 even thin patties, about 1/2-inch thick and set aside. Sauté onions in bacon fat in skillet until tender for 5 minutes. Place onions and bacon in a bowl with cheese. Form a spoonful of bacon- cheese mixture into a ball; then place in the center of 4 patties. Top each with another patty and seal the edges. Grill burgers over medium-high heat, flipping once until desired doneness is reached, approximately 4 minutes on each side.



# April Trivia Answers

## 1. Don't Disturb the Squirrels

In 1993 city officials in Cologne, Germany imposed a new regulation on people jogging through the city park. Runners were required to pace themselves to go no faster than six mph. Any faster, the city officials cautioned, could disturb the squirrels that were in the middle of their mating season.

True

April Fools

## 2. Crust less Bread

For those who just can't stand the taste of crusts, and are too lazy to cut them off themselves, Sara Lee introduced in 2002 the ultimate in convenience: crust less bread. Available in stores everywhere!

True

April Fools

## 3. Pet Tax

The city of Philadelphia, faced with a looming budget shortfall, last year announced a new tax targeted at pet owners. The owners will be charged a base fee of \$10 per pet, and then \$1 extra for every additional pound the pet weighs over ten pounds. Failure to pay the tax could result in the euthanization of the pet.

True

April Fools

## 4. Bank Teller Fees

In 1999 a Connecticut-based bank announced that due to rising costs it would be forced to charge a \$5 fee every time a customer visited a live teller. The bank promised that the fee would actually help to improve the quality of customer service.

True

April Fools

## 5. Carrots reclassified as a fruit

In 1979 officials in the European Union confirmed what many have long suspected: that carrots are not, in fact, a vegetable, but are actually a variety of fruit. The officials urged that appropriate reclassification efforts should begin at once.

True

April Fools

# May Trivia

1. How do crickets hear?
  - A. Through their wings
  - B. Through their belly
  - C. Through their knees
  - D. Through their tongue
2. What's the best way to stop crying while peeling onions?
  - A. Lick almonds
  - B. Suck lemons
  - C. Eat cheese
  - D. Chew gum
3. Which animal only sleeps five minutes per day?
  - A. Chameleon
  - B. Koala
  - C. Giraffe
  - D. Beaver
4. What's a frog's favorite color?
  - A. Blue
  - B. Orange
  - C. Yellow
  - D. Brown
5. On average a person does what 15 times a day?
  - A. Laugh
  - B. Burp
  - C. Blink
  - D. Lick your lips

## **April Fool's Day Word Scramble Answers**

**prank**

**joke**

**April**

**laughter**

**surprise**

**silly**

**merriment**

**trick**

**mischief**

**hoax**

# Picnic Word Scramble

1. MAYLIF

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2. ERRUGBS

---

3. STABEK

---

4. STAPLE

---

5. NOELDEAM

---

6. LIGLR

---

8. MESGA

---

9. NSAT

---

10. STOODRUO

---

11. SCIPELK

---

12. GIVESGE

---

13. REELOWMANT

---

14. ROCLOE

---

15. RICASH

---

16. TOKOCUO

---

17. SCIPH

---

## May Word Search Puzzle

I	T	H	T	W	O	R	G	I	S	U	N	C	C	H
E	R	S	Y	A	D	E	N	O	Y	T	R	I	H	T
Y	A	D	Y	A	M	T	S	E	I	N	H	N	O	N
A	W	T	H	I	E	U	M	N	O	N	T	C	H	O
D	O	F	N	Y	R	G	M	R	A	Y	G	O	O	M
A	T	I	Y	U	L	N	I	O	T	S	N	D	A	H
I	E	L	A	G	N	I	T	H	G	I	N	E	M	T
R	S	T	D	E	B	M	L	T	N	A	U	M	W	F
O	T	P	S	I	T	O	S	W	I	P	R	A	O	I
T	B	A	R	B	L	O	Y	A	N	N	R	Y	A	F
C	M	E	E	I	D	L	M	H	E	M	A	O	F	T
I	E	R	H	M	N	B	A	I	D	A	R	O	M	A
V	N	G	T	O	D	G	D	S	R	E	W	O	L	F
M	E	M	O	R	I	A	L	D	A	Y	E	S	S	O
F	S	E	M	E	R	A	L	D	G	P	R	I	N	G

CINCO DE MAYO

MAIA

GARDENING

SPRING

BLOOMING

MAY DAY

EMINI

TAURUS

EMERALD

MEMORIAL DAY

GROWTH

THIRTY-ONE

FIFTH MONTH

MOTHER'S DAY

HAWTHORNE

DAYS

FLOWERS

NIGHTENGAL

LILY

VICTORIA DAY

WARM

# **Archway Station's Complaint Process**

## **Before Using the Complaint Procedure**

Remember, many times things can be worked out if people just talk things out. If you really think someone's done you wrong, try to tell the person what you're feeling. It's important to do that respectfully. It's important to be open, honest, and adult-to-adult. A beginning conversation might go something like this, "When you did \_\_\_\_\_, it made me feel \_\_\_\_\_." Sometimes it helps to practice what you're going to say. Try it!

## **Complaint Process**

- It's meant to be quick and EASY.
- No matter what you complain about, no one will hold it against you.
- Forms are posted throughout the agency.
- Ask anyone to help support you.
- The BEST way to resolve an issue is try & talk directly with the person to work things out.
- If that's not possible, talk to your TEAM LEADER.
- The Compliance Officer will review the complaint and try to resolve things if that becomes necessary.
- If necessary, Executive Director gets INVOLVED.
- The Board's Review Committee makes FINAL decision.

*If you have any questions about this process, contact  
Archway's Compliance Officer at 777-3208 Ext.104*

## **Summary of Complaints May 2016**

**02/04/16:** A person filed a complaint regarding money issues and felt the RRS team leader's behavior was unprofessional. After the person had moved out of residential, an appointment was set up for 2/4/16 @ 1pm to settle the Rep Payeeship situation and for the person to pick up his/her check. In the meantime, the person called RRS approx. 5-6 times and inquired about getting the check early. RRS again reminded the service user of the appointment later that day and requested the continuous calling end or phone harassment charges would be filed. The service user then filed this complaint stating he/she was threatened. The new HSW3 supported the service user to meet with RRS staff at 1pm as scheduled and resolved the Rep Payeeship situation. The Tm 3 Team Leader spoke with the service user who reported the issue being resolved and at that time he/she wished to drop it as "It was all a result of a money issue." The complaint is considered closed.

# Archway Station's Complaint Form

Any person receiving or providing services may use this form. Follow the step-by-step process.

Your name: \_\_\_\_\_

Today's date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Your complaint: \_\_\_\_\_

\_\_\_\_\_

What you want done: \_\_\_\_\_

(use another page if necessary)

\_\_\_\_\_

(use another page if necessary)

**STEP 1: Talk to the person(s) directly involved with your complaint. If you can't or if you're not satisfied, talk with the person's Team Leader. TL must follow up within 2 wks.**

Team Leader: \_\_\_\_\_ Date discussed: \_\_\_\_/\_\_\_\_/\_\_\_\_

Results of discussion: \_\_\_\_\_

\_\_\_\_\_

(use another page if necessary)

Complaint: \_\_\_\_ has been resolved (end of process) \_\_\_\_\_  
\_\_\_\_ has not been resolved

Signature of person making complaint  
(provide a copy to the person)

In either case, send the form to Archway's *Compliance Officer*.

**STEP 2: Complaint review by the Compliance Officer.**

Date received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date reviewed: \_\_\_\_/\_\_\_\_/\_\_\_\_ (**within 2 weeks**) With whom: \_\_\_\_\_

Results of Review: \_\_\_\_\_

\_\_\_\_\_

(use another page if necessary)

Complaint: \_\_\_\_ has been resolved (end of process) \_\_\_\_\_  
\_\_\_\_ has not been resolved

Signature of person making complaint  
(provide a copy to the person)

If not resolved, send form to Archway's *Executive Director*.

**STEP 3: Complaint reviewed by Executive Director**

Date received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date reviewed: \_\_\_\_/\_\_\_\_/\_\_\_\_ (**within 2 weeks**) With whom: \_\_\_\_\_

Results of Review: \_\_\_\_\_

\_\_\_\_\_

(use another page if necessary)

Complaint: \_\_\_\_ has been resolved (end of process) \_\_\_\_\_  
\_\_\_\_ has not been resolved

Signature of person making complaint  
(provide a copy to the person)

If complaint is not resolved, ED communicates the situation to the Board's Review Committee and follows recommendations of the Committee which are due in 2 weeks. Documentation of all complaints are kept by the Compliance Officer.