

# Archway Station Short Takes September 2022

Check out Short Takes on the web @ <http://archwaystation.net>  
choose "Resources | links" located at the top, right of the page,  
then select Archway Short Takes"

Archway Station  
Wellness &  
Recovery Center  
121 Memorial  
Avenue  
Cumberland, MD  
21502  
301-724-2582  
Ext. 5118  
Website:  
[archwaystation.net](http://archwaystation.net)

## **Special Points of Interest:**

Certified Peer  
Recovery Specialist  
Information

988 Suicide & Crisis  
Line

Goodwill Job  
Opportunities

## **Inside this Issue:**

Wellness &  
Recovery Center  
Information

Hope Station  
Information

Menu/ Activity  
Schedule

Complaint Process

# National Recovery Month 2022

Adapted from: <https://www.naadac.org/national-recovery-month>

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about strides made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and foster a greater understanding about mental and substance use disorders.

Recovery Month will continue to educate others about substance use disorders and co-occurring disorders, the effectiveness of treatment and recovery services, and that recovery is possible. All of us, from celebrities and sports figures to our co-workers, neighbors, friends, and family members, throughout our lives have experienced peaks and valleys, both big and small. But with strength, support, and hope from the people we love, we are resilient.

# **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 Thursday, 9/29/2022 we will be celebrating Recognition Day by visiting

## **Rocky Gap**

We will leave the W & R Center at 9:30 AM and return around 1:00 PM.

In Celebrating the monthly Birthday's we will have dessert with lunch on Friday 9/30/2022.

# Wellness & Recovery Center Lunch September 2022

Mon, Wed, & Fri - Lunch served at W&R Center with Bread & Milk  
between 11am-11:45am.

Tue & Thu - Packed Lunches can be picked up at W&R and/or delivered to  
Frederick St. Bus Stop or Hope Station at Noon, if ordered the day before at  
301-724-2482 ext. 5100.

Mon	Tue	Wed	Thur	Fri
			1 Ham & Cheese Sandwiches Cherry Tomatoes Cantaloupe	2  Leftovers
5  <b>CLOSED</b>	6 Chicken Sandwich Red Pepper Strips Plum	7 Fish Peas Tropical Fruit	8 Turkey Salad Cauliflower Peaches	9  Leftovers
12 Beef Stroganoff Green Beans Honey Dew	13 Tuna Salad Baby Carrots Raisins	14 Chicken Pot Pie Banana	15 Hoagie Broccoli Grapes	16  <b>CLOSED</b>
19 Turkey Mashed Potatoes Corn Fruit Tray	20 Peanut Butter & Jelly Sandwich Baby Carrots Kiwi	21 Stuffed pepper Cole Slaw Tropical Fruit	22 Pulled Chicken Celery Raspberries	23  Leftovers
26 Honey Mustard Chicken Cauliflower Apricots	27 Turkey Wrap Asian Salad Blackberries	28  <b>CLOSED</b>	29 Hot Dogs Cucumber Salad Strawberries	30  Leftovers

# September 2022

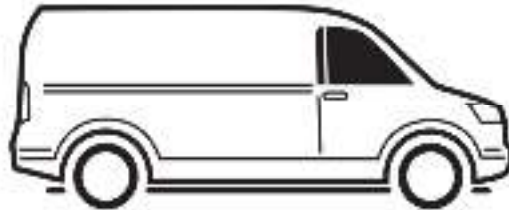
## W&R Center **ACTIVITY** Schedule

MONDAY – FRIDAY FROM 9 AM – 1:30 PM

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00				1  <b>COMMUNITY INTEGRATION</b>  ----- <i>Packed Lunch</i>  ----- <b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b>	2  Happiness  ----- <b>Lunch</b>  ----- Recreational Activity – You Choose  VIDEO GAMES with David
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	5  <b>CLOSED</b>	6  <b>COMMUNITY INTEGRATION</b>  ----- <i>Packed Lunch</i>  ----- <b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b>	7  SPIRITUALITY SERIES: God, Religion & Mythology  ----- <b>Lunch</b>  ----- Recreational Activity – You Choose  MINDFUL ART	8  <b>FOOD BOX DELIVERY HRDC</b>  ----- <i>Packed Lunch</i>  ----- <b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b>	9  SPIRITUALITY SERIES: Spiritual Path. Loss & Love, Grief.  ----- <b>Lunch</b>  ----- Recreational Activity – You Choose  KARAOKE

<p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p>	<p>12</p> <p>FRIENDSHIP SERIES: Defining Friendship. Making Friends, Qualities of a Good Friend vs. a Toxic Friend. Conflict – Forgiveness, Break-ups.</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>BINGO</p>	<p>13</p> <p><b>COMMUNITY INTEGRATION</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>14</p> <p>FRIENDSHIP SERIES: Maintaining Friendships, Best Friends &amp; Long Distance Friends.</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>CARD GAMES</p>	<p>15</p> <p><b>COMMUNITY INTEGRATION</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>16</p> <p><b>CLOSED</b></p>
<p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p>	<p>19</p> <p>HIG? MEETING</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>REMEMBRANCE DAY: Celebrating Life</p>	<p>20</p> <p><b>COMMUNITY INTEGRATION</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>21</p> <p>PRIORITY PARTNERS: Opioid Awareness</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>PAINT TO MUSIC</p>	<p>22</p> <p><b>COMMUNITY INTEGRATION</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>23</p> <p>Aging, Life Stages &amp; Death</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>VIDEO GAMES with David</p>
<p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p>	<p>26</p> <p>RELATIONSHIP SERIES: Mother, Father, Siblings</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>TRIVIA CHALLENGE</p>	<p>27</p> <p><b>COMMUNITY INTEGRATION</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>28</p> <p><b>CLOSED</b></p>	<p>29</p> <p><b>ROCKY GAP</b></p> <hr/> <p>9:30 am – 1:00 pm</p>	<p>30</p> <p>RELATIONSHIP SERIES: Sex &amp; Love Languages</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>KARAOKE</p>

# **W&R Van Run**



**Pickup by Request in the Cumberland Area  
on Monday, Wednesday & Friday**

**To schedule a pickup please call by 8:30 am**

**301-724-2582 Ex. 5118**

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## **REMINDER:**

**Announcements of bus service interruptions and  
cancelations will be announced on local radio stations**

**WCBC, WTBO, and Magic 100.5.**

**Also, you can be notified by receiving a text and or email if  
you subscribe to Transit Alerts. Text TRANSIT to 888-777 or  
go to [www.gov.allconet.org/ACT](http://www.gov.allconet.org/ACT)**

# SEPTEMBER HEALTH HOME NOTES

MONDAY, SEPTEMBER 5<sup>TH</sup> – LABOR DAY

SEPTEMBER IS NATIONAL ATRIAL FIBRILLATION AWARENESS MONTH AND OVARIAN CANCER AWARENESS MONTH

## Labor Day Safety!

**GRILLING SAFETY** Perhaps your plans include an old-fashioned barbecue at home. The Red Cross offers these steps you should follow to use that backyard grill safely:

- \* Always supervise a barbecue grill when in use.
- \* Never grill indoors – not in your house, camper, tent, or any enclosed area.
- \* Make sure everyone, including the pets, stays away from the grill.
- \* Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.
- \* Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.
- \* Never add charcoal starter fluid when coals have already been ignited.
- \* Always follow the manufacturer's instructions when using grills.

### **PICNIC SAFETY**

1. Don't leave food out in the hot sun. Keep perishable foods in a cooler with plenty of ice or freezer gel packs.
2. Wash your hands before preparing the food.
3. If you are going to cook on a grill, always supervise the grill when in use. Don't add charcoal starter fluid when coals have already been ignited. Use the long-handled tools especially made for cooking on the grill to keep the chef safe.
4. Never grill indoors. Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.
5. Make sure everyone, including pets, stays away from the grill.

### **SUN SAFETY**

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun. Even though sunlight is the main source of UV rays, you don't have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some simple steps you can take to limit your exposure to UV rays.

1. Stay in the Shade
2. Wear clothing to cover your skin
3. Apply sunscreen and use is properly – at least a SPF 30
4. Wear a wide brim hat
5. Wear sunglasses that block UVA and UVB rays
6. Avoid tanning beds and sun lamps



## WHAT IS ATRIAL FIBRILLATION (A-FIB)

Normally, your heart contracts and relaxes to a regular beat. Certain cells in your heart, called the sinus node, make electrical signals that cause the heart to contract and pump blood. These electrical signals can be recorded using an electrocardiogram, or ECG. Your doctor can read your ECG to find out if the electrical signals are normal. In atrial fibrillation, or AFib, the heart's two small upper chambers (atria) beat irregularly and too fast, quivering instead of contracting properly. During AFib, some blood may not be pumped efficiently from the atria into the ventricles. Blood that's left behind can pool in the atria and form blood clots.

**How do I know I have atrial fibrillation?** Some people with AFib don't have symptoms.

Some of the symptoms are:

- Fast, irregular heartbeat
- Heart palpitations (rapid "flopping" or "fluttering" feeling in the chest)
- Feeling lightheaded or faint
  - Chest pain or pressure
- Shortness of breath, especially when lying down
- Tiring more easily (fatigue) Can AFib lead to other problems?

**You can live with and manage AFib.** But when undetected or untreated, AFib can lead to other medical problems including: Stroke and Heart attack

Normally, your heart contracts and relaxes to a regular beat. Certain cells in your heart, called the sinus node, make electrical signals that cause the heart to contract and pump blood. These electrical signals can be recorded using an electrocardiogram, or ECG. Your doctor can read your ECG to find out if the electrical signals are normal. In atrial fibrillation, or AFib, the heart's two small upper chambers (atria) beat irregularly and too fast, quivering instead of contracting properly. During AFib, some blood may not be pumped efficiently from the atria into the ventricles. Blood that's left behind can pool in the atria and form blood clots. What Is Atrial Fibrillation? The illustrations above show normal conduction and contraction. The risk of stroke is about five times higher in people with AFib. This is because blood can pool in the atria and blood clots can form.

**What can be done to correct AFib?** Treatment options may include one or more of the following: •

- Medication to help slow your heart rate, such as beta blockers, certain calcium channel blockers or digoxin
- Medication to restore normal heart rhythm, such as beta blockers or antiarrhythmics
- Procedures to stop or control the electrical impulses causing the AFib, such as electrical cardioversion or catheter ablation
- Anticoagulant or antiplatelet medications to prevent blood clots
- Pacemaker or other surgery
- Heart failure
- Sudden cardiac arrest

**How can I lower my risk of stroke?** You'll likely be prescribed anticoagulant or antiplatelet medications to prevent blood clots. Your stroke risk determines the type and dose of medications you'll be prescribed. While on these medications: • Tell all of your health care professionals, including your dentist and pharmacist, that you're taking them. This is important before you start taking a new medication or have any procedure that can cause bleeding. • If you forget to take your daily dose, call your health care professional and follow their directions. • Report any unusual bleeding, bruising or other problems to your health care professional right away.

# OVARIAN CANCER AWARENESS

Ovarian cancer is a growth of cells that forms in the ovaries. The cells multiply quickly and can invade and destroy healthy body tissue.

The female reproductive system contains two ovaries, one on each side of the uterus. The ovaries — each about the size of an almond — produce eggs (ova) as well as the hormones estrogen and progesterone. Ovarian cancer treatment usually involves surgery and chemotherapy.

## Symptoms

When ovarian cancer first develops, it might not cause any noticeable symptoms. When ovarian cancer symptoms happen, they're usually attributed to other, more common conditions.

Signs and symptoms of ovarian cancer may include:

- Abdominal bloating or swelling
- Quickly feeling full when eating
- Weight loss
- Discomfort in the pelvic area
- Fatigue
- Back pain
- Changes in bowel habits, such as constipation
- A frequent need to urinate

## When to see a doctor

Make an appointment with your doctor if you have any signs or symptoms that worry you.

## Risk factors

Factors that can increase your risk of ovarian cancer include:

- **Older age.** The risk of ovarian cancer increases as you age. It's most often diagnosed in older adults.
- **Inherited gene changes.** A small percentage of ovarian cancers are caused by genes changes you inherit from your parents.
- **Family history of ovarian cancer.** If you have blood relatives who have been diagnosed with ovarian cancer, you may have an increased risk of the disease.
- **Being overweight or obese.** Being overweight or obese increases the risk of ovarian cancer.
- **Postmenopausal hormone replacement therapy.** Taking hormone replacement therapy to control menopause signs and symptoms may increase the risk of ovarian cancer.
- **Endometriosis.** Endometriosis is an often painful disorder in which tissue similar to the tissue that lines the inside of your uterus grows outside your uterus.
- **Age when menstruation started and ended.** Beginning menstruation at an early age or starting menopause at a later age, or both, may increase the risk of ovarian cancer.
- **Never having been pregnant.** If you've never been pregnant, you may have an increased risk of ovarian cancer.

## Prevention

There's no sure way to prevent ovarian cancer. But there may be ways to reduce your risk:

- **Consider taking birth control pills.** Ask your doctor whether birth control pills (oral contraceptives) may be right for you. Taking birth control pills reduces the risk of ovarian cancer. But these medications do have risks, so discuss whether the benefits outweigh those risks based on your situation.
- **Discuss your risk factors with your doctor.** If you have a family history of breast and ovarian cancers, bring this up with your doctor. Your doctor can determine what this may mean for your own risk of cancer. You may be referred to a genetic counselor that can help you decide whether genetic testing may be right for you. If you're found to have a gene change that increases your risk of ovarian cancer, you may consider surgery to remove your ovaries to prevent cancer.

# Urgent Care vs. Emergency Department

## Our Urgent Care Centers Treat:

- Animal bites
- Dehydration
- Ear pain
- Fever
- Flu-like symptoms
- Infections
- Lacerations
- Mild asthma
- Minor burns
- Nose bleeds
- Mild sprains and fractures
- Painful urination
- Persistent diarrhea
- Skin rashes and other irritations
- Sore throat
- Urinary tract infection
- Vomiting

All require prompt care but are not immediately life-threatening. The Cumberland, Frostburg or McHenry Urgent Care Centers will likely be able to give treatment far more quickly than an Emergency Department.

## Our Emergency Department Treats:

- Abdominal pain
- Coughing up blood
- Drug overdose
- Head injury
- Seizures
- Severe burns
- Severe diarrhea or vomiting
- Shortness of breath
- Spinal injuries
- Sudden changes in vision
- Sudden mental confusion
- Sudden or severe chest pain
- Uncontrolled bleeding

As a patient in the UPMC Western Maryland Emergency Department, you will have access to advanced treatment and equipment. If needed, the staff will admit you to the hospital for surgery or other immediate treatment.

Information obtained from UPMC Western Maryland website.

\*\*\*Please note: If you frequently visit the ER, or have been in the ER within 6 months, you will likely be contacted by Potomac Case Management. They have received funding and are working with the hospital to reduce ER visits and re-admissions to the hospital. They are notified by the hospital staff, not by Archway. They will want to arrange a meeting with you and talk about your discharge instructions and follow-up care.

# Health Home COVID Corner Notes!

COVID Vaccines, boosters, and tests are still available through the Allegany County Health Department by calling 301-759-5000 or at the walk-in clinic at Allegany County Fairgrounds on Wednesday's from 9a – 1a

## Watch for Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

→ This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

## How to Protect Yourself & Others

- Get vaccinated and stay up to date on your COVID-19 vaccines
- Wear a mask
- Stay 6 feet away from others
- Avoid poorly ventilated spaces and crowds
- Test to prevent spread to others
- Wash your hands often
- Cover coughs and sneezes
- Clean and disinfect
- Monitor your health daily

**Any questions and/or concerns about your health stop by or call the Health Home office and speak with our staff.**

**Nina Likens RN-BSN, Health Home Nurse Care Manager**

**301-724-2582 ext. 5117 or 301-876-1477**

**Bob Nair, Health Home HSW3**

**301-724-2582 ext. 5110 or 301-876-1857**

## **Turns out it was Broken**

I remember being at the Walk-in Clinic on July 5, 2022. I was feeling guilty about potentially wasting the staff's time with a twisted ankle. I was waiting for the results of the x-rays and thinking I was over-reacting. As it turns out, I had broken my right leg above my ankle.

A couple of days later my girlfriend took me to Morgantown for an orthopedic appointment. Now, I have a cast and there isn't much I can do to be productive. I have relied on my sweet girlfriend and others. I am extremely grateful for everyone who has helped me. I hope everything heals okay so I can get this cast off on August 15<sup>th</sup>.

By: Scott Gibson

*If you would like to write an article for the Short Takes please bring it in to the Wellness and Recovery Center or give it to your staff and ask them to send it to Rebecca at the Wellness and Recovery Center by the 20<sup>th</sup> of the month.*



# HOPE Station

A program of Office of consumer Advocates

632 North Centre St.  
Cumberland, MD. 21502  
240-362-3152  
FAX: 240-362-7170

Food Pantry by appointment only:  
Monday -Friday 9:30 -1:30  
Lunch served Daily at 12:00  
Center Hours: 10-4

## September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Self-Discovery W/ Carey Moffatt @ 10:30	2 Morning Conversations w/ Abby & Joy @ 10:30 Star Wars: Revenge of the Sith @ 1:00
5 Labor Day Center Closed	6 Men's Group w/ Chris @10:30 Women's Group w/ Joy & Abby @1:00	7 Life Group w/ Abby @ 10:30 Recovery Together w/ Joy @ 1:00	8 Round Table w/ Joy @ 10:30 Connect, Share & Chat w/Abby @1:00	9 Celebration Day 9-11-01 Remembrance
12 Sarah Bush of Aetna will join us @ 10:30 Mindful Art @ 1:00	13 Men's Group w/ Chris @10:30 Women's Group w/ Joy & Abby @1:00	14 Peer Choice Morning Center will close @ 12:00 to take part in the Wellness & Recovery walk at AC	15 Round Table w/ Joy @ 10:30 Connect, Share & Chat w/Abby @1:00	16 Bingo Fun 10:00 to 11:30
19 Lisa Moran of Priority Partners speaking on Mental Health: Depression @ 10:00 Mindful Art @ 1:00	20 Men's Group w/ Chris @10:30 Women's Group w/ Joy & Abby @1:00	21 Life Group w/ Abby @ 10:30 Recovery Together w/ Joy @ 1:00	22 Peer Choice & Karaoke FUN @ 1:00	23 Pantry on the go @ 11:00 *Bring your own bag*
26 Rachel Sprout RDN, LDN of UPMC W/ Healthy Eats @ 10:30 Puzzle fun @ 1:00	27 Men's Group w/ Chris @10:30 Women's Group w/ Joy & Abby @1:00	28 Share your story: Wayne Chambers @ 10:30 Games and coloring fun @ 1:00	29 Peer Choice & Prepare for Homeless Resource Day	30 Homeless Resource Day Center closed 10-2



**Next food drop will be held on**

*Friday, September 23rd*

**11:00- until supplies last.**

**Sponsored by**

*The Western Maryland Food Bank*



632 N. Centre Street

Cumberland, MD 21502

**For more information call**

**240-362-3152**

*(Fresh Produce/Bring a bag)*



ALLEGANY COUNTY HEALTH DEPARTMENT BEHAVIORAL HEALTH SERVICES

**FREE EVENT!**



# RECOVERY AND WELLNESS WALK

Wednesday, September 14, 2022  
1:00 to 2:30 PM

*on the track at Allegany College of Maryland*

*Every person impacted by behavioral health issues has a reason to celebrate their story and accomplishment.*

Please join us for this exciting celebration event!



Available **FREE** at the event:

- **NALOXONE TRAINING**

Registration begins at 12:30 PM, followed by guest speakers and the recovery and wellness walk.

Wear your sneakers! If you walk the entire 8 laps, you will be registered in the **grand prize drawing**.



## RECOVERY MONTH

Every **Person**. Every **Family**. Every **Community**.

[WWW.NATIONALRECOVERYMONTH.ORG](http://WWW.NATIONALRECOVERYMONTH.ORG)

# NEVER FORGOTTEN

SUICIDE PREVENTION AND MEMORIAL WALK



**WE WALK** in memory.

**WE WALK** for hope.

**WE WALK** for change.

**WE WALK** for awareness.

**WE WALK** because we care.

**WE WALK** to honor or support  
a loved one.

**Sunday, September 25, 2022**

**1:00 p.m. to 3:00 p.m.**

**Rocky Gap State Park**

**Schedule of Events:**

1:00 p.m. Opening Ceremony/Speakers

1:30 p.m. Optional Walk

2:15 p.m. Closing Ceremony

Pre-registration is preferred.

**Contact UPMC Western Maryland  
Community Health and Wellness at  
240-964-8424.**

Sponsored by Allegany County Local Behavioral Health Authority, Consumer Advisory Board, UPMC Western Maryland, and Rocky Gap State Park.



# Peer Supervision

DR. STEPHANIE HUTTER-THOMAS  
MARYLAND REGISTERED PEER SUPERVISOR

## Western Maryland

Complete the 25 hours of required supervision  
needed to apply for the Maryland Certified Peer  
Recovery Specialist exam by attending weekly  
Zoom meetings with a registered peer supervisor  
Every Monday, 4pm-5pm,  
beginning 1/3/2022

<https://zoom.us/j/96992979057>

Great opportunity to ask questions, discuss  
challenges, address barriers, and network with  
other peers.

For inquiries, email: [stephaniehutterthomas@gmail.com](mailto:stephaniehutterthomas@gmail.com)

Hello Peers!

Happy Monday!

Thank you to everyone who came out to Purple Fest yesterday!  
Apologies for the last minute cancellation but we will not be having the Peer Support  
Network Meeting this month and will instead our next meeting will be September 27th at  
21

There will be plenty of opportunities in September to get together as a network and we  
hope to see many of you on Wednesday in Oakland at the Overdose Awareness Day event!

JOB OPPORTUNITY

Allegany County Circuit Court seeking Part-time Peer Recovery Specialist

UPCOMING EVENTS

MCF in collaboration with community partnership is hosting

August 31st from 6-8 pm

International Overdose Awareness Day : Stories of Hope and Candlelight Vigil

Campaign Page

Event Page

Allegany County Health Department & Behavioral Health Services

Recovery and Awareness Walk

Wednesday, September 14th from 1- 2:30pm

Suicide Prevention and Memorial Walk

Sunday, September 25, 2022 1:00 p.m. to 3:00 p.m. Rocky Gap State Park

Kevin Hines: Cracked Not Broken

Friday, September 16, 2022

9:00 am - 4:30 pm

Register by September 9th

HOPE STATION HAPPENINGS

September Calendar

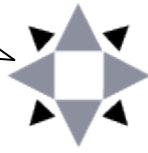
Party on the Go

Allegany County Expungement Clinic

Friday, September 30th from 1pm-3:30pm

American Job Center

138 Baltimore Street, Cumberland, MD 21502



**SMART Recovery**<sup>®</sup>

Self Management and Recovery Training

## DISCOVER THE POWER OF CHOICE!

**SMART Recovery**<sup>®</sup> is the leading SELF-EMPOWERING addiction recovery support group. Our participants learn tools for recovery based on the latest scientific research.

We can help people recover from all types of addiction and addictive behaviors, including: alcoholism, drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities.

We are a self-empowering, abstinence based, self-help support group (*NOT a 12-step program*) for both men and women based on concepts of Rational Emotive Behavior Therapy (REBT).

The SMART Recovery 4-Point Program<sup>®</sup> offers tools and techniques for each program point:

- ➔ Point 1: Building and Maintaining Motivation
- ➔ Point 2: Coping with Urges
- ➔ Point 3: Managing Thoughts, Feelings and Behaviors
- ➔ Point 4: Living a Balanced Life

When: Thursdays beginning on August 25th

Time: 12pm to 1pm

Where: <https://smartrecovery.zoom.us/j/92428668521>

Contact: For more information, please contact Carey Moffatt at [moffattcl@upmc.edu](mailto:moffattcl@upmc.edu) or call 240-964-8418



## Path2Help Monthly Program Highlight Mercy Medical Angels

Mercy Medical Angels' non-emergency ground transportation program provides financially qualifying patients with non-local medical-related treatment traveling more than 50 miles from their home. The typical trip does not exceed 300 miles.

This program provides:

- Gas cards (Provided to help off-set fuel cost for patients)
- Bus tickets (Greyhound, Trailways, etc.)
- Train tickets (Amtrak)

Eligibility:

- Family income; first page of your most recent Federal tax return, social security, Medicaid, or disability statement.
- Other documents: verification of your medical appointment (a letter from your physician, a printed appointment reminder, or a screen shot of your patient portal showing the appointment date).
- Other programs from this provider: Angel Wings for Veterans and Healthcare Commercial Airline Assistance
- It is recommended that you make your request as far in advance as possible and no less than two weeks.

For more information or to apply for services please visit:  
[www.mercymedical.org/request-assistance](http://www.mercymedical.org/request-assistance)  
Telephone: 757-318-9174

***Please visit [Path2help.com](http://Path2help.com) today!!***

For questions or program suggestions, please email Carey Moffatt at [moffattcl@upmc.edu](mailto:moffattcl@upmc.edu).





**Horizon**  
Goodwill Industries

**Removing Barriers  
Creating Opportunities**

Are you looking for a job? Are you interested in skills training?

Do you need assistance with housing resources?

**We can help!**

Apply for our services:

**Job Readiness/Job Placement  
Housing Navigation Services**

**Contact Us for More Details or Apply Online at  
[Horizongoodwill.org](http://Horizongoodwill.org)**

Jessica Martz, Vocational Case Manager 301-268-9500

Pam Sweitzer, RN, DORS Case Manager 301-729-9404 ext 1821

Andi Welch, Housing Navigator 301-302-5681



**More than a store**  
Horizon Goodwill Industries





**Horizon**  
Goodwill Industries

Removing Barriers  
Creating Opportunities

## Steps for Application for Services (Job Training & Housing)

Anything with this Symbol \* needs to be filled out

### When you sign up on a Computer

Click on Google Chrome

In the search bar put Horizon Goodwill Industries

Then click on where it says Horizon Goodwill Industries

Then go to where it says Job Training

Then go to Job Training Programs & Services click on it

Then click the online Application

Then fill the information out where it says Apply Now

Then click on where it says Start Application

### When you Sign up on a Cell Phone

Click on Google Chrome

In the search bar put Horizon Goodwill Industries

Then click on the link that says Horizon Goodwill Industries - - Hagerstown

Then click where it says Menu

Then click Job Training

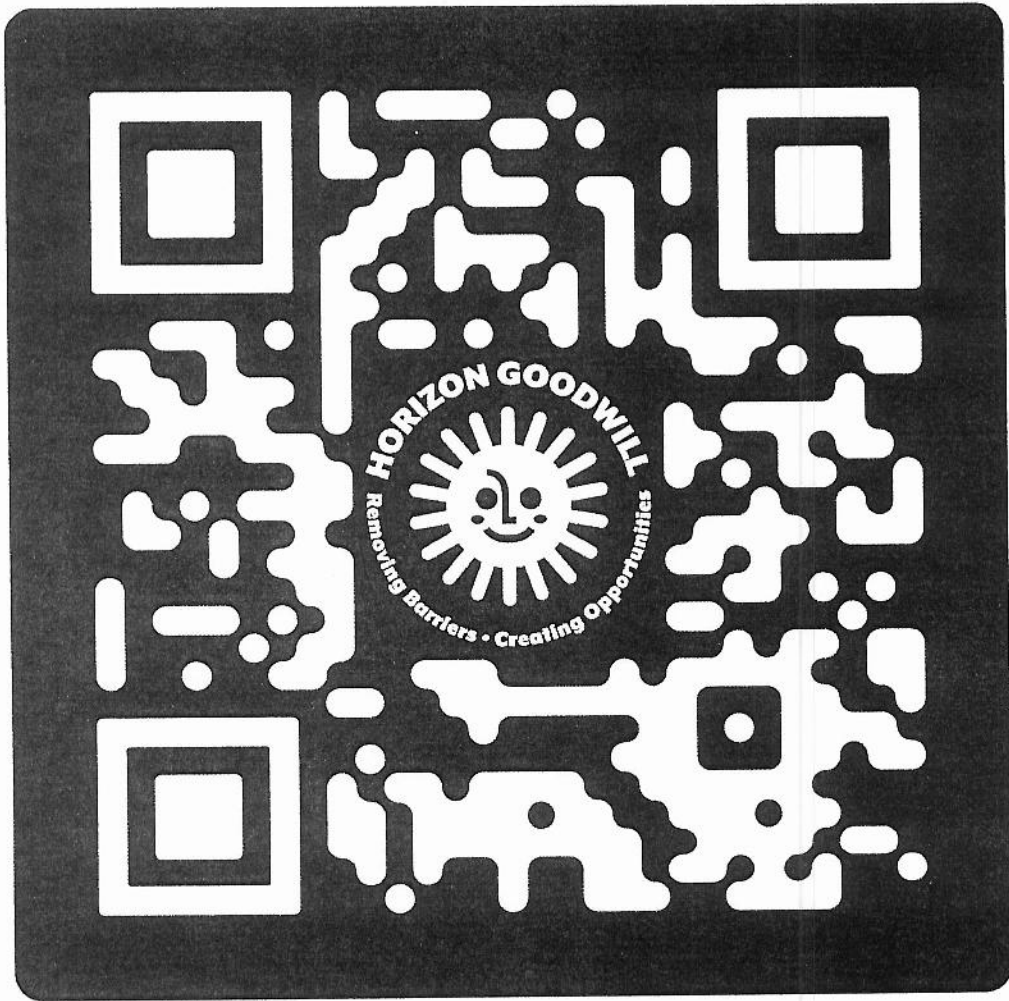
In the green section click on the online Application

Then click Apply

Fill out the information where it says Apply Now

Then click where it says Start Application





Scan to  
Request Services!



**Horizon**  
Goodwill Industries



# AMERICA'S FIRST 3-DIGIT MENTAL HEALTH CRISIS LINE

Even before the COVID-19 pandemic, America was suffering historically high suicide and overdose rates and mental health challenges. In 2020 Congress approved 988 to help, but a phone number alone isn't enough. Each state must have a fully-funded crisis response system supporting 988 when it goes live by July 2022.



## What is 988?

988 is a safety net for people experiencing a mental health emergency. If fully funded, mobile crisis teams will respond in-person and connect people to care when needed.



## Who should use it?

Once 988 goes live, if you or someone you know is having suicidal thoughts, experiencing delusions, or displaying severe symptoms of mental illness, you should call 988 instead of 911.



## Why do we need it?

Traditionally, police have responded to mental health emergencies, which require tremendous local resources and often result in criminalizing mental illness. In fact, in 2017, an average of 10% of law enforcement agencies' total budgets and 21% of staff time were spent responding to and transporting persons with mental illness.<sup>1</sup> People with untreated mental illness are 16 times more likely to be killed during a police encounter than other civilians.<sup>2</sup>



## What is needed to make 988 work?

Every state needs:

- 24/7 call centers that are adequately staffed by mental health professionals who are specially trained to respond to crises.
- Mobile response teams that are equipped for differing scenarios.
- Crisis stabilization services that also connect people to follow-up care.

## HOW CAN YOU HELP?



### General public & advocates

- Contact your Congressional representatives and ask them to support states in building a crisis response infrastructure that ensures people get the help they need.
- Contact your state representatives and ask them to pass a bill that includes 988 user fees to support a crisis system that provides a mental health response to mental health crises.
- Ensure 988 implementation and crisis services are key priorities in policy agendas for both state and federal policymakers.
- Engage people with lived experience to inform policy asks.

### State policymakers

- Introduce and pass bills that include 988 user fees to support crisis call centers and non-billable mobile crisis and crisis stabilization program costs.

### Federal policymakers

- Ensure federal coordination and technical assistance for 988 implementation.
- Provide funding for states to develop and maintain an effective crisis response infrastructure.
- Ensure all payers, including commercial insurers, cover crisis services.



<sup>1</sup> <https://www.treatmentadvocacycenter.org/road-runners>

<sup>2</sup> [www.treatmentadvocacycenter.org/key-issues/criminalization-of-mental-illness/2976-people-with-untreated-mental-illness-16-times-more-likely-to-be-killed-by-law-enforcement](http://www.treatmentadvocacycenter.org/key-issues/criminalization-of-mental-illness/2976-people-with-untreated-mental-illness-16-times-more-likely-to-be-killed-by-law-enforcement)

The National Action Alliance for Suicide Prevention's Mental Health & Suicide Prevention National Response to COVID-19 ("National Response") collaborated with chief executives of the nation's leading mental health advocacy organizations and professional associations ("The CEO Huddle") to develop this infographic, which reflects the alignment of both the National Response's *An Action Plan for Strengthening Mental Health and the Prevention of Suicide in the Aftermath of COVID-19* and the CEO Huddle's *A Unified Vision for the Future of Mental Health, Addiction, and Well-Being in the United States*. To learn more, visit [NationalMentalHealthResponse.org/CrisisResponse](http://NationalMentalHealthResponse.org/CrisisResponse).



## **The 988 Suicide & Crisis Lifeline**

Maryland will soon have a new way to connect to a local behavioral health crisis call specialist. Calling 988 will connect callers directly to the National Suicide & Crisis Lifeline which can provide assistance with substance use or mental health crises.

The 988 Suicide & Crisis Lifeline replaces the National Suicide Prevention Lifeline (1-800-273-8255).

All contacts with 988 (calls, chats, and texts) remain free of charge.

### **What does this mean for Marylanders?**

When someone in Maryland calls 988, the call will be routed based on the caller's area code. For those calls routed to Maryland, the call will be answered by one of the eight strategically-located call centers. These centers provide phone-based support and information regarding local resources.

Maryland has been operating its own crisis hotline (call 211, press 1) which will remain in operation and accessible to Marylanders throughout the transition period and beyond.

### **When will 988 be implemented?**

July 16, 2022 — 988 becomes operational across the nation.

Both 211 press 1 and the existing National Suicide Prevention Lifeline phone number (1-800-273-8255) will remain available. Those experiencing a behavioral health-related or suicidal crisis, or those looking to help a loved one through a crisis, should continue to call 211 and press 1 in Maryland or the Lifeline at its current number (1-800-273-8255) until July 16, 2022.

## **Who can call 988?**

Anyone in need of assistance with behavioral health-related problems.

## **What can callers expect when they call 988?**

Starting July 16, 2022, when calling 988:

Callers will hear a greeting message while their call is routed to a Lifeline network crisis call center (based on the caller's area code)

- A trained crisis counselor will answer the phone, listen to the caller, understand how their problem is affecting them, provide support, and provide resources and interventions as needed
- If a Maryland crisis center is unable to take the call, the caller will be automatically routed to a national backup crisis center
- The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 150 additional languages for people who call 988
- Veterans can access the Veterans Crisis Line by calling 988 and pressing 1

## **What can someone expect during a chat or text?**

- Texts and chats to 988 will also be routed to a Lifeline network crisis call center based on area code.
- A response to chats and texts will be given by a call center staff person

[Learn more about the 988 National Suicide & Crisis Service Lifeline.](#)

## Buffalo Cauliflower Kebobs



### INGREDIENTS

- 1/2 c. (1 stick) butter, melted
- 1/2 c. vinegary hot sauce
- 1 head cauliflower, florets only
- 4 stalks celery, cut into 1 1/2" pieces
- 1 large yellow bell pepper, cut into 1 1/2" pieces
- 1 large orange bell pepper, cut into 1 1/2" pieces
- Kosher salt
- Freshly ground black pepper
- Blue cheese dressing, for serving

### DIRECTIONS

1. In a large bowl, whisk together butter and hot sauce until combined. Add cauliflower, celery, and bell peppers, season with salt and pepper, then toss to coat.
2. Preheat grill to medium-high for 3 minutes, and soak skewers in a shallow pan filled with water for 10 minutes to prevent scorching. Thread the cauliflower, celery, and bell peppers onto the soaked skewers. Reserve the hot sauce left in the bowl.
3. Transfer the kebabs to the grill and cook for 3 minutes, turning halfway. After the first 3 minutes, begin brushing the skewers with the buffalo mixture. Cook for an additional 3 to 4 minutes, or until the cauliflower is tender and slightly charred.
4. Transfer kebabs to a platter, drizzle with blue cheese dressing and serve.

# August Trivia Answers

1. Which animal is associated with summer?

- a. Tiger
- b. Pig
- c. Goat
- d. Ox

2. Which country singer was born on the 21st of August 1938?

- a. Travis Tritt
- b. Garth Brooks
- c. Kenny Rogers
- d. Conway Twitty

3. What or who was the month of August named after?

- a. A British King
- b. A Roman Emperor
- c. The First Pope
- d. An Ancient Battle

4. What is the birth flower for August?

- a. Marigold
- b. Gladiola
- c. Violet
- d. Pansy

5. What is the gemstone for August?

- a. Sapphire
- b. Peridot
- c. Opal
- d. Garnet





# August

## Word Scramble Answers

1. njoba

banjo

2. lleco

cello

3. raeinctl

clarinet

4. dmurs

drums

5. etlfu

flute

6. raugit

guitar

7. ricoahmna

harmonica

8. rahp

harp

9. dlimnnao

mandolin

10. ngroa

organ



# Labor Day Word Jumble

Unscramble the words then figure out the message below using the numbers under each box.

KRWO    

12	10	15	

FOFCEI    

					13

NATCIOAV    

2									17

TPRI    

--	--	--	--

LAXRE    

3	9			

CILBUCA    

						1	

BJO    

6		

TYAPR    

4				

SEUMMR    

					14

SEGMA    

5				16

NAYODM    

7					
	11	8			

H			
1	2	3	

4

5	6	7	8

9	10	11	5		

12	13	14	15	16	17	8	

# Labor Day Word Search

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

BREAK  
 HOLIDAY  
 OFFICE  
 SCHOOL  
 TRIP

CUBICAL  
 JOB  
 PARTY  
 SEPTEMBER  
 VACATION

GAMES  
 MONDAY  
 RELAX  
 SUMMER  
 WORK



# 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 to try to 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 777-1700 Ext.2125*

## Summary of Complaints September 2022

**No complaints have been received since the last issue of *Short Takes*. There is nothing to report.**

# 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: \_\_\_\_\_

\_\_\_\_\_

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: \_\_\_\_\_

\_\_\_\_\_

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.