

Archway Station Short Takes

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choose "Resources I 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

Special Points of Interest:

Hope Station
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July is Minority Mental Health Awareness Month¹²³. It was created to highlight mental health resources and treatment in minority communities¹. The movement is dedicated to raising awareness about the existing disparities among people of color regarding inequitable access to mental health care and social supports that improve mental health and well-being³. While mental illnesses can affect individuals of any race, ethnicity, or background, unique external and internal barriers to accessing care and treatment exist for minorities

In April 2001, the National Minority Health Month Foundation launched National Minority Health Month, in response to Healthy People 2010, the US Department of Health and Human Services' health-promotion and disease-prevention initiative. Today, Healthy People 2020 has succeeded Healthy People 2010, and the Foundation has become the National Minority Quality Forum. The health profile of the United States has changed, as have responses to it. Booker T. Washington started the National Negro Health Week (NNHW) in 1915. From 1921 to 1953, NNHW was a program supported by the Public Health Service. By partnering with Congress and the White House, NMQF started National Minority Health Month in 1998 as a successor of NNHW.

July Archway's Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:30 am – Rec. Activity</p> <p>11:45 am – Art w/ Cindy</p>	<p>4</p> <p>CLOSED</p>	<p>5</p> <p style="text-align: center;">DANS MOUNTAIN</p>	<p>6 9:30 am – Farmers Market</p> <p>11:45 am – Rec. Activity</p>	<p>7 9:30 am – Flea Market</p> <p>11:45 am – Shopping Gabes</p>
<p>10 9:30 am – Main Street Frostburg</p> <p>11:45 am – Art w/ Cindy</p>	<p>11 9:30 am – Food Boxes</p> <p>11:45 am – Rec. Activity</p>	<p>12 9:30 am – LaVale Library</p> <p>11:45 am – Bowling</p>	<p>13 9:30 am – Food Box Delivery</p> <p>11:45 am – Rec. Activity</p>	<p>14 9:30 am – Shopping Walmart</p> <p>11:45 am – Constitution Park Swimming</p>
<p>17 9:30 am – Priority Partners Lisa</p> <p>11:45 am – Downtown Roses</p>	<p>18 9:30 am – Flea Market Springdale</p> <p>11:45 am – Rec. Activity</p>	<p>19 9:30 am – Way Station Resume' Building</p> <p>11:45 am – Rec. Activity</p>	<p>20</p> <p>Picnic Constitution Park</p>	<p>21 9:30 am – Guest Speaker Rebecca</p> <p>11:45 am – Guest Speaker Jeff</p>
<p>24 9:30 am – Shopping Ollies</p> <p>11:45 am – Art w/ Cindy</p>	<p>25 9:30 am – Simple Cooking</p> <p>11:45 am – Rec. Activity</p>	<p>26 9:30 am – AHEC West Abby</p> <p>11:45 am – LaVale Library</p>	<p>27 9:30 am – Relationship</p> <p>11:45 am – Farmers Market</p>	<p>28</p> <p>Paw Paw Tunnel</p>
<p>31</p> <p>Rocky Gap</p>				

Western Maryland Foodbank Pet Food Pantry dates to be announced

Wellness & Recovery Center Lunch

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 at 11:00 am, if ordered by 10:00am at 301-724-2482 ext. 5100.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Italian Sausage Sub Peppers & Onions Cantaloupe	4 CLOSED	5 Chicken Salad Sandwich Baby Carrots Clementine	6 Egg Salad Celery Sticks Tropical Fruit	7 Leftovers
10 Hamburger Gravy Over Biscuit Peas Mandarin Oranges	11 Turkey Sandwich Baby Carrots Peaches	12 Sloppy Joe Steak Fries Apples	13 Ham & Cheese Sandwich Cherry Tomatoes Blackberries	14 Leftovers
17 Fiesta Chicken Black Beans Blueberries	18 Tuna Salad Celery Sticks Grapes	19 Cheeseburger Seasoned Fries Pears	20 Picnic Constitution Park	21 Leftovers
24 Chili Cornbread Pineapple	25 Chicken Sandwich Green Peppers Cherries	26 Scrambled Eggs Hashbrowns Honey Dew	27 Crab Salad Cheese Stick Cucumber Salad Raspberries	28 Ham & Cheese Sandwich Broccoli Strawberries
31 Hot Dog Potato Salad Watermelon				

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.

REACHING YOUR TEAM

This directory can help you reach your team and other Archway Staff

Queen Street 301-777-1700

Team 1 (Community Based Support Services - PRP)	Press 1
Team 2 (Community Based Support Services - PRP)	Press 2
Team 3 (Community Based Support Services - PRP)	Press 3
Intake & Enrollment	Press 4
CAYA	Press 5
BHA Residential Services	Press 6
DDA	Press 7
Dee	Ext. 2118
Wendy	Ext. 2120
Chantal	Ext. 2125

Wellness & Recovery Center 301-724-2582

Health Home	Press 3
Wellness & Recovery Center Staff Office	Press 4
DDA House Managers	Press 6
Kitchen	Ext. 5100
Bernard	Ext. 5105

24/7 Residential

Longview	301-777-3208
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Community Residential

Piedmont	301-722-3863
Penn House Number	301-707-8647
Penn ² & Penn (Reach Both Houses at this #)	301-777-8492

40 Hour Residential

Utah	301-722-1314
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My HSW's extension is: _____