

# Archway Station Short Takes

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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:

Womens Grop  
Meeting

CDA Meeting

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### September is Suicide Prevention and Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Month — a time to raise awareness and discuss this highly stigmatized topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength to address this difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life.

#### Individual Impact:

79% of all people who die by suicide are male.

Although more women than men attempt suicide, men are 4x more likely to die by suicide.

Suicide is the 2nd leading cause of death among people aged 10-14, the 3rd leading cause of death among those aged 15-24 and the 12th leading cause of death overall in the U.S.

46% of people who die by suicide had a diagnosed mental health condition — but research suggests that 90% may have experienced symptoms of a mental health condition

#### Community Impact:

Annual prevalence of serious thoughts of suicide, high risk populations:

U.S. Adults: 4.8%

Native Hawaiian/other Pacific Islander: 7.4%

Mixed/Multiracial: 8.2%

American Indian/Alaska Native: 8.5%

Young adults aged 18-25: 13%

High school students: 22%

LGBTQ youth: 41%

The highest rates of suicide in the U.S. are among American Indian/Alaskan Natives, followed by non-Hispanic whites

Lesbian, gay and bisexual youth are 4x more likely to attempt suicide than straight youth.

Transgender adults are nearly 9x more likely to attempt suicide at some point in their life compared to the general population.

Suicide is the leading cause of death for people held in local jails.

## September Archway's Wellness and Recovery Center Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				1 9:30 am- Walmart  11:45 am- Dollar Store
4  <b>CLOSED</b>	5 9:30 am – Warehouse Organizing 11:45 am – Downtown Possibility Store	6 9:30 am – Emergency Dispatch  11:45 am – Coffee & Meditation	7 9:30 am – Moving Out Delivering Boxes  11:45 am – Farmers Market	8 9:30 am – Coping Skills For the Weekend  11:45 am – Gabes
11 9:30 am – 9/11 Presentation  11:45 am – Art w/ Cindy	12 9:30 am – Greek Mythology  11:45 am – Karaoke	13 9:30 am – YMCA  11:45 am – Recovery Walk	14 9:30 am- Mall Trip  11:45 am- Library	15  <b>Dans Mountain</b>
18 9:30 am – Priority Partners Lisa 11:45 am – Art w/ Cindy	19 9:30 am – Show & Tell  11:45 am – Rec. Activity	20  <b>Paw Paw Tunnel</b>	21 9:30 am – Farmers Market  11:45 am – Rec. Activity	22 9:30 am- Ollies  11:45 am- Flea Market
25 9:30 am- Stress Breathing  11:45 am- Art w/ Cindy	26 9:30 am- Simple Cooking  11:45 am- Rec. Activity	27 9:30 am- AHEC West Abby  11:45 am- Rec. Activity	28 9:30 am- Library  11:45 am- Bowling	29 9:30 am- Movie Day Popcorn  11:45 am- Sci-Fi Presentation

# 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
				1 Leftovers
4  <b>CLOSED</b>	5 Chicken Sandwich Red Pepper Strips Plum	6 Fish Tropical Fruit Stewed Tomatoes	7 Turkey Salad Cauliflower Peaches	8 Leftovers
11 Beef over Noodles Peas Honeydew	12 Tuna Salad Baby Carrots Raisins	13 Chicken over Biscuits Banana	14 Hoagie Broccoli Grapes	15 Hot Dog Cucumber Salad Strawberries
18 Turkey Mashed Potatoes Corn Watermelon	19 Turkey Sandwich Pepper Strips Apple	20 PB&J Baby Carrots Kiwi	21 Ham Salad Sandwich Celery Raspberries	22 Sheppard Pie Tropical Fruit
25 Honey Mustard Chicken Cauliflower Apricots	26 Chicken Wrap Asian Salad Blackberries	27 Hamburger Gravy / Biscuit Green Beans Pineapple	28 Ham & Cheese Sandwich Broccoli Oranges	29 Leftovers