

Archway Station Short Takes

Check out Short Takes on the web @ <http://archwaystation.net>
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:

Womens Grop
Meeting

CDA Meeting

Inside this Issue:

Wellness &
Recovery Center
Information

Menu/ Activity
Schedule



**OCTOBER IS DEPRESSION
AND MENTAL HEALTH
AWARENESS MONTH**

October is depression and mental health awareness month. These are topics often not discussed in our personal or work lives, and yet mental health disorders affect millions of American workers. As such, we are taking a moment to bring everyone's attention to these taboo topics, which will hopefully spark conversation and help those in need find the services and resources they deserve.

There are many types of depression and mental health disorders. From seasonal affective disorder (SAD) to bipolar to generalized anxiety to alcohol use, each one of these and many other mental health disorders can be diagnosed and treated in their own specific ways. There are some steps you can take to help manage your mental health, but these suggestions should not be taken as a substitute for seeing a medical professional and receiving appropriate therapy.

- Eat a regularly healthy diet with lots of fruits, vegetables, whole grains, lean protein, and low-fat dairy
- Be physically active every day, whether it's a few 10 minute walks throughout the day or spending 60 minutes at the gym
- Set aside time for fun and relaxation, which could mean spending an afternoon playing outside with your kids or curling up on a couch to read a book
- Avoid alcohol and drugs, both of which can alter your mood and make a bad situation seem even worse
- Stay connected with friends and family, because having a strong social support network is key to maintaining a happy, healthy mindset

Mental health is just as important as our physical health, so it is key to understand the resources available as you seek to improve this aspect of your health. For more information on mental health awareness, visit: www.mentalhealthamerica.net

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
----------	--------------

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
------	--------------

My HSW's extension is: _____

October Archway's Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:30 am – Walmart</p> <p>11:45 am – Art w/ Cindy</p>	<p>3 9:30 am – Making Boxes</p> <p>11:45 am – Games at Constitution</p>	<p>4 9:30 am – Social Skills</p> <p>11:45 am – Rec. Activity Yoga 11 – 12 South Library</p>	<p>5 9:30 am – Box Delivery</p> <p>11:45 am - Library</p>	<p>6 9:30 am- Horizon Goodwill Terri</p> <p>11:45 am- Rec. Activity</p>
<p>9 9:30 am – Hygiene</p> <p>11:45 am – Rec. Activity</p>	<p>10 9:30 am – Ollies</p> <p>11:45 am – Gabes</p>	<p>11</p> <p>Staff Meeting Closed</p>	<p>12 9:30 am – Flight 93 Memorial</p> <p>11:45 am – Rec. Activity</p>	<p>13 9:30 am – Conflict Resolution</p> <p>11:45 am – YMCA</p>
<p>16 9:30 am – Remembrance Day</p> <p>11:45 am – Art w/ Cindy</p>	<p>17 9:30 am – Big Lots</p> <p>11:45 pm – Rec. Activity</p>	<p>18</p> <p>Brookedale Picnic</p> <p>Center will be closed</p>	<p>19 9:30 am- Library</p> <p>11:45 am- Rec. Activity</p>	<p>20 9:30 am – Manners</p> <p>11:45 am - Downtown</p>
<p>23 9:30 am –Social Media</p> <p>11:45 am – YMCA</p>	<p>24 9:30 am – Simple Cooking</p> <p>11:45 am – Rec. Activity</p>	<p>25 9:30 am – Bio Feed Back</p> <p>11:45 am – Pictionary / Hangman</p>	<p>26 9:30 am – Grantville</p> <p>11:45 am – Grantville Center will be closed</p>	<p>27 9:30 am- AHEC West Abby</p> <p>11:45 am- Flea Market</p>
<p>30 9:30 am- Credit Card</p> <p>11:45 am- Art w/Cindy</p>	<p>31 9:30 am- Dollar Store</p> <p>11:45 am- Rec. Activity Halloween Trivia</p>			

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
2 Sloppy Joe French Fries Mandarin Oranges	3 PB&J Sandwich Cherry Tomato Applesauce	4 Spaghetti Salad Plum	5 Crab Salad Broccoli Peaches	6 Leftovers
9 Corn Chowder Grapes	10 Egg Salad Pepper Strips Orange	11 CLOSED	12 Ham Cheese Sandwich Baby Carrots Pineapple	13 Leftovers
16 Tomato Soup Grilled Cheese Watermelon	17 Hoagie Celery Sticks Cantaloupe	18 Pizza Chips	19 Chicken Sandwich Cauliflower Pears	20 Leftovers
23 Stuffed Steak Broccoli Cantaloupe	24 Ham Salad Corn Salad Raspberries	25 Hamburger Gravy Biscuit Mixed Vegetable Banana	26 PB&J Celery Clementine	27 Leftovers
30 Hamburger Curly Fries Pineapple	31 Turkey Wrap Roasted Chick Peas Blackberries			