

# 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](http://archwaystation.net)

## **Special Points of Interest:**

## **Inside this Issue:**

Wellness &  
Recovery Center  
Information

Menu/ Activity  
Schedule

## Christmas and mental health

### How might Christmas affect my mental health?

Christmas can affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us.

### Christmas could affect your mental health if you:

Wish you didn't have to deal with Christmas, or find it stressful because of other events in your life

Feel alone or left out because everyone else seems happy when you're not

Feel frustrated by other people's views of a 'perfect' Christmas, if these feel different to your experiences

Have ideas about what Christmas should be like, feel as if you need to enjoy it or worry something will disrupt it

Feel like Christmas gives you something to focus on and look forward to, and find it difficult when it's over

Look back at difficult memories, regret things about the past, or worry about the coming new year

Feel overlooked, for example if you celebrate other religious festivals or holidays that get less attention

Want to celebrate with someone who's struggling

### Tips for coping during Christmas

#### Looking after yourself

Be gentle and patient with yourself. It might help to think about what is best for your wellbeing during Christmas, and prioritise what you need.

Remind yourself that it won't last forever. You could set a 'start' and 'finish' time for what you count as Christmas.

Set your boundaries. Try to say no to things that aren't helpful for you.

Let yourself experience your own feelings. Even if they don't match what's going on around you, they're still valid. For example, if you don't feel like celebrating Christmas when everyone else does.

Take time out. Do something to forget that it's Christmas or distract yourself. For example, you could watch a film or read a book that's set in the summer. Or you could try learning a new skill.

Let yourself have the things you need. For example, if you need to take a break instead of doing an activity, or need a little bit of quiet time

# **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 <sup>2</sup> & 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: \_\_\_\_\_



# 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 Cheeseburger Steak Fries Pears	5 Hoagie Broccoli Raspberries	6 Chili Cornbread Cantaloupe	7 Ham Salad Green Beans Apricots	8 Leftovers
11 Fiesta Chicken Black Beans Peaches	12 Ham Sandwich Baby Carrots Plum	13 Beef Stew Salad Banana	14 Chicken Salad Celery Sticks Kiwi	15 Leftovers
18 Ham Mashed Potatoes Green Beans Pie	19 PB&J Broccoli Clementine	20 Hamburger Fries Fruit Cocktail	21 Chicken Sandwich Cherry Tomatoes Tropical Fruit	22  <b>CLOSED</b>
25  <b>CLOSED</b>	26  <b>CLOSED</b>	27 Hot Dog Sauerkraut Mashed Potatoes Pears	28 Turkey Sandwich Celery Sticks Pineapple	29 Leftovers