

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:

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Native American Heritage Month

Welcome to Native American Heritage Month at the Department of the Interior! National Native American Heritage Month is celebrated each year in November. It is a time to celebrate the traditions, languages and stories of Native American, Alaska Native, Native Hawaiian, and affiliated Island communities and ensure their rich histories and contributions continue to thrive with each passing generation. This November and every month, we celebrate the culture and heritage of these remarkable Americans who deeply enrich the quality and character of our Nation. We celebrate Indian Country with its remarkable diversity of American Indian and Alaska Native cultures and peoples while remembering and honoring our veterans who have sacrificed so much to defend our Nation.

This year's theme at Interior is Celebrating Tribal Sovereignty and Identity. Tribal sovereignty ensures that any decisions about Tribes with regard to their property and citizens are made with their participation and consent. The federal trust responsibility is a legal obligation under which the United States "has charged itself with moral obligations of the highest responsibility and trust" toward Indian tribes.

The Department of the Interior plays a key role in strengthening Tribal sovereignty, living up to trust and treaty responsibilities, and conducting robust Tribal consultation. Much of the Department's work under Secretary Haaland's leadership also centers on acknowledging the impact that relocation, forced assimilation, and lack of critical funding has on Indigenous communities across the country. We are committed to elevating those issues while empowering Tribal governments and Indigenous peoples.

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: _____

November Archway's Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 am – Why are You Here 11:45 am – Rec. Activity	2 9:30 am – Library 11:45 am – Calisthenics	3 9:30 am- Environmental Physiology 11:45 am- Mall Walking
6 9:30 am – Pictionary 11:45 am – YMCA	7 9:30 am – Money 11:45 am – Rec. Activity	8 9:30 am - Borderline Disorders 11:45 am – Rec. Activity	9 9:30 am – FSU Tour 11:45 am – Rec. Activity	10 9:30 am – Situation Awareness 11:45 am – Rec. Activity
13 9:30 am – AC Tour 11:45 am – Art w/ Cindy	14 9:30 am – Library 11:45 pm – Rec. Activity	15 9:30 am – Police Interrogation 11:45 pm – Rec. Activity	16 9:30 am- Simple Cooking Coffee 11:45 am- Rec. Activity	17 9:30 am – Psychology Trivia 11:45 am – Art Project Jeff S.
20 9:30 am – History of AA Pat M 11:45 am – Rec. Activity	21 9:30 am – Karaoke 11:45 am – Rec. Activity	22 9:30 am – AHEC West Abby 11:45 am – Bowling	CLOSED	CLOSED
27 9:30 am- Current Events 11:45 am- Art w/ Cindy	28 9:30 am- Jealousy 11:45 am- Rec. Activity	29 9:30 am – Lying Manipulation 11:45 am – Rec. Activity	CLOSED	

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 Taco Salad Black Beans Fruit Cocktail	2 Tuna Salad Sandwich Asian Salad	3 Leftovers
6 Cauliflower Soup Cantaloupe	7 Peanut Butter Jelly Sandwich Banana Green Pepper	8 Pork Chop Ranch Potatoes Pears	9 Hoagie Broccoli Raspberries	10 Leftovers
13 Sausage Sub Peppers/Onions Plum	14 Egg Salad Broccoli Kiwi	15 Baked Fish Green Beans Orange	16 Chicken Sandwich Corn Salad Blackberries	17 Leftovers
20 Turkey Mashed Potatoes Stuffing Green Beans Pie	21 Chicken Salad Baby Carrots Clementine	22 Leftovers	23 CLOSED	24 CLOSED
27 Sloppy Joe Fries Pears	28 Ham & Cheese Sandwich Carrots Apple	29 Hamburger Gravy over Biscuit Green Beans Peaches	30 CLOSED	