

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"

May is Mental Health Month

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Where To Get Help

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

Reach out to your health insurance, primary care doctor or state/county mental health authority for more resources.

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
Calendar

Inside this Issue:

Wellness &
Recovery Center
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Schedule

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: _____

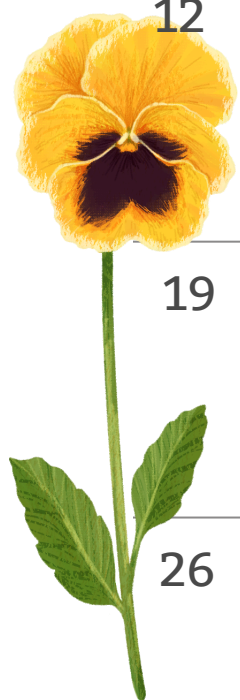
May 2024



632 N Centre St.
Cumberland MD
21502

PH: 240-362-7168 Fax: 240-362-7170

Center hours : M-F 10:00 AM- 4:00 PM Pantry Hours : 10:00 AM- 1:30 PM by appointment only.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Arts & Crafts: 11:00 Living with depression and anxiety: 1:00 PM	2 Karaoke: 11:00 AM Just Breathe: 1:00 PM	3 Smart Recovery: 11:00 AM Movies and popcorn	4
5	6 Weekend wrap-up Expungement Clinic w/ Mike Stevens 10:30 AM Managing your negative thoughts: 1:00 PM	7 Smart Recovery: 11:00 AM Music for your soul: 1:00 PM	8 Potomac Community Services: 10:30 AM Arts & Crafts: 11:00 Living with depression and anxiety: 1:00 PM	9 Bingo! 11:00 am Celebration Day!! Baby shower, birthdays, and anything else you want to celebrate. 12:00-4:00	10 Smart Recovery: 11:00 AM Movies and popcorn	11
12	13 Weekend wrap-up MD Wellness : 11:00 AM Managing your negative thoughts: 1:00 PM	14 Smart Recovery: 11:00 AM Music for your soul: 1:00 PM	15 Arts & Crafts: 11:00 Living with depression and anxiety: 1:00 PM	16 Karaoke: 11:00 AM Just Breathe: 1:00 PM	17 Smart Recovery: 11:00 AM Movies and popcorn	18
19	20 Weekend wrap-up UPMC Dietician Rachel: 10:30 AM Managing your negative thoughts: 1:00 PM	21 Expungement Clinic w/ Mike Stevens 10:30 ACHD- Smoking Cessation 10:30 AM Music for your soul: 1:00 PM	22 Center Closed for staff development	23	24 POTG Cumberland Treatment Center Humana w/ Brian Narcan training/supply	25
26	27 Memorial Day CENTER CLOSED	28 Smart Recovery: 11:00 AM Music for your soul: 1:00 PM	29 Arts & Crafts: 11:00 Living with depression and anxiety: 1:00 PM	30 Karaoke: 11:00 AM Just Breathe: 1:00 PM	31 Smart Recovery: 11:00 AM Movies and popcorn	

May's Archway Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 am – State of the Union 11:45 am – Industrial Plaza Shopping	2 9:30 am – Benzodiazepines 11:45 am – Bank Trip	3 9:30 am- Depressants 11:45 am- Downtown
6 9:30 am – The Food Groups 11:45 am – Art w/Cindy	7 9:30 am – Current Events 11:45 am – Karaoke	8 9:30 am – How to Shop For Food 11:45 am – Market Day	9 9:30 am – Lavale Plaza Shopping 11:45 am – Gym	10 9:30 am – Walking & Rec. Riverside 11:45 am – Outdoor Activities
13 9:30 am – Weight Management 11:45 am – Show & Tell Art w/ Cindy	14 9:30 am – Stimulants 11:45 pm – Frostburg	15 9:30 am – Library 11:45 pm – Role Play Job Fair	16 9:30 am- Farmers Market 11:45 am- Wheel of Fortune	17 9:30 am –Constitution Park Walking & Rec 11:45 am – Games With Jeff
20 9:30 am – Hallucinogens 11:45 am – Art w/ Cindy	21 9:30 am- Sarah / Aetna 11:45 am- Mall Trip	22 9:30 am – Marijuana 11:45 am – Rec. Activity Fishing @ 12:30	23 9:30 am- New & Other Drugs 11:45 am- Bank Day & Rec. Activity	24 <b style="text-align: center;">Rocky Gap Picnic
27 <b style="text-align: center;">CLOSED	28 9:30 am – Current Events 11:45 am – Trivia	29 9:30 am – Library 11:45 am – Rec. Activity	30 9:30 am – Farmers Market 11:45 – Simple Cooking	31 9:30 am – Five and Below 11:45 am - Bowling

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 Sloppy Joe Seasoned Potato Wedges Pineapple	2 Ham Sandwich Baby Carrots Raisins	3 Leftovers
6 Salisbury Steak Green Beans Applesauce	7 Ham Salad Sandwich Chick Peas Plum	8 Hamburger Gravy Over Biscuit Corn Banana	9 Buffalo Chicken Sandwich Cauliflower Peaches	10 Leftovers
13 Teriyaki Chicken Peas Tropical Fruit	14 Turkey Wrap Red Pepper Strips Raspberries	15 Spaghetti Meat Sauce Salad Pears	16 Crab Salad Sandwich Baby Carrots Grapes	17 Leftovers
20 Meatloaf Mashed Potatoes Pineapple	21 PB&J Cherry Tomatoes Clementine	22 Ham Mashed Potatoes Pears	23 Egg Salad Sandwich Green Peppers Apricots	24 Hot Dogs Potato Salad Watermelon
27 Closed	28 BBQ Pork Celery Applesauce	29 Chicken Nugget Curly Fries Strawberries	30 Tuna Salad Sandwich Asian Salad Apple	31 Leftovers