

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:

Hope Station
Calendar

Inside this Issue:

Wellness &
Recovery Center
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Menu/ Activity
Schedule

It's time to explore new ways to approach mental health and masculinity

Conversations about mental health are constantly stigmatized, and there can be a lot of shame or judgment around struggling with mental illnesses. This is especially true when it comes to discussing masculinity and mental health, as [toxic masculinity](#) can make it difficult or even impossible for men to come forward about their [mental health problems](#).

The [consequences](#) are deadly: more than 4 times as many men as women die by suicide in the United States, and suicide is the 7th leading cause of death in males. Because it is more socially unacceptable for men to discuss their feelings, men tend to downplay their symptoms, bottle up their emotions, and are less likely to seek help for whatever they may be struggling with.

June is Men's Health Month, and it's important that we start having conversations about men's mental health too.

This means teaching children of all genders about emotional needs, awareness, and communication at an early age, so they're able to find healthy coping mechanisms and develop skills to manage their emotions.

A commonly held assumption is that women are just more likely than men to have some kind of mental illness, such as depression or anxiety. However, the reality is that many men are discouraged from seeking out treatment for their mental health problems due to societal standards and expectations.

Symptoms of mental health conditions in men may manifest themselves in more socially acceptable alternatives to sadness, such as anger. These symptoms can include irritability, difficulty concentrating, substance abuse, and suicide ideation.

Because conversations about mental health tend to center around women, it is important to acknowledge and address the unique barriers to care that exist in male populations, especially in queer men, men of color, and lower-income men.

Emotional literacy

Emotional literacy is about being able to identify and process emotions in yourself as well as others. Because of the influence that outdated gender norms and roles have on our society, girls are often more likely to be taught about topics related to feelings and emotions.

Women are commonly viewed as more emotional than men, but this is only because it is more socially acceptable for women to express their emotions. Women tend to be taught from an early age about how to identify and communicate their emotions, while men are often told to “man up” or “thug it out” instead of actually coming to terms with how they are feeling.

In order to foster emotional literacy in individuals of all genders, it is important that children are taught about how to label their emotions, communicate them to others, and respond to others' feelings in a healthy, respectful manner.

Instead of raising children based on their gender, we should aim to raise emotionally resilient, aware individuals.

Coping mechanisms There are a wide variety of coping mechanisms out there, but some are healthier than others.

Men are often encouraged to get their emotions out through violence, while women may be more encouraged to calm down or told that they are overreacting.

While hitting the gym or going on a quick run can be a great way to let off some steam, it is important to also explore other coping mechanisms, such as journaling, which can allow you to better understand and process emotions. Different coping mechanisms work for different people as well as different emotions, so

it is important that people of all genders are educated and aware of the different ways to cope with their feelings.

Supportive communities

We should aim to foster an environment that is welcoming, inclusive, and accepting of people from all backgrounds, and one that allows everyone's voices to be heard. This is especially important when it comes to conversations about mental health and masculinity.

Because of the way in which many boys are raised, they often struggle with communicating their emotions, even with their friends. This can be because they are afraid of ridicule or rejection, or may feel socially isolated or strange.

These feelings of guilt and shame around difficult emotions often persist in adult men, who may continue to find it difficult to talk about their feelings or seek help for any symptoms they may be experiencing.

When men do come forward about how they are feeling, it is important that they are greeted with compassion, understanding, and support. Instead of shaming men for “being weak” or judging them for struggling mentally, take the time to acknowledge the courage that it takes to be honest about your struggles. By taking conversations about men's mental health seriously, we reduce the stigma around it and can help to make it easier for men to seek treatment, such as going to therapy.

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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

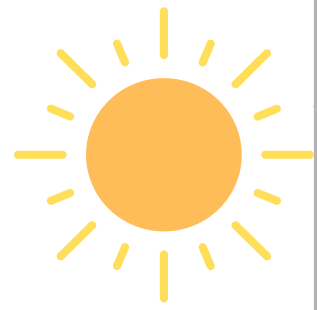
Piedmont	301-722-3863
Penn House Number	301-707-8647
Penn ² & Penn (Reach Both Houses at this #)	301-777-8492

40 Hour Residential

Utah	301-722-1314
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My HSW's extension is: _____

June



2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	Weekend Wrap-Up 3 Managing your negative thoughts: 1:00 PM	Mindy Bradshaw 4 w/MPC 10:30 Music for your soul 11:00AM	Arts & Crafts: 5 11:00 Living with Depression & Anxiety: 1:00 PM	6 Karaoke 11:00 AM In Recovery meeting 1:00 PM	7 Movies and popcorn 11:00 AM	8
9	Weekend Wrap-Up 10 Managing your negative thoughts: 1:00 PM	Recovery in Fitness: 11 Services & Education 10:30 AM Music for your soul 11:00AM	12 Family Crisis Resource Center: Services & Education: 10:30 AM Living with Depression & Anxiety: 1:00 PM	ASI Health w/ Jill: 13 Services & Education: 10:30 AM In Recovery meeting 1:00 PM	14 Movies and popcorn 11:00 AM	15
16	Weekend Wrap-Up 17 Managing your negative thoughts: 1:00 PM	18 Music for your soul 11:00 AM Bingo! 11:30	19 Juneteenth: Office Closed	20 Priority Partners w/ Lisa Service & Education: 10:30 AM In Recovery meeting 1:00 PM	21 Movies and popcorn 11:00 AM	22
23	Weekend Wrap-Up 24 UPMC Dietician Rachel: 10:30 AM Managing your negative thoughts: 1:00 PM	25 Celebration Day! Music for your soul 11:00AM	26 Arts & Crafts: 11:00 Living with Depression & Anxiety: 1:00 PM	27 POTG	28 Movies and popcorn 11:00 AM	29
30	632 N Centre St Cumberland MD 21502	Center hours: 10:00 AM - 4:00 PM Pantry hours: 10:00 AM- 1:30 PM by appointment only			Ph: 240-362-7168 Fax: 240-362-7170	

June's Archway Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 am - Cognitive Behavior Therapy 11:45 am – Art w/ Cindy	4 9:30 am- Volunteer Group 11:45 am - Constitution Swimming	5 9:30 am – CBT Practice 11:45 am – Karaoke	6 9:30 am – Current Events 11:45 am – Bank Trip Rec. Activity	7 9:30 am- Gender Discussion 11:45 am- Shopping LaVale
10 9:30 am – HRDC / Nicole 11:45 am – Recreation Art w/ Cindy	11 9:30 am – ANT’S Automatic Negative Thoughts 11:45 am – Bingo	12 9:30 am – Volunteer Group 11:45 am – Recreation Gardening	13 9:30 am – Farmers Market Downtown 11:45 am – Walking Group	14 9:30 am – Dialectical Behavior Therapy 11:45 am – Flea Market
17 9:30 am – Priority Partners Lisa 11:45 am – Constitution	18 9:30 am – Corn Hole 11:45 pm – Walking Group	19 9:30 am – HIG 10:00 am – Aetna 11:45 pm – Rec. Activity Fishing @ 12:30	20 9:30 am- Volunteer Group 11:45 am- Bank Trip Recreation/ Gardening	21 9:30 am – Current Events 11:45 am – Games With Jeff
24 9:30 am – Q&A 11:45 am – Art w/ Cindy Shopping Industrial	25 9:30 am- Volunteer Group Brunch 11:45 am- Wheel of Fortune	26 9:30 am – GYM 11:45 am – Rec. Activity	27 9:30 am- Simple Cooking 11:45 am- Walking Group	28 Rocky Gap Picnic

<p>27</p> <p>CLOSED</p>	<p>28</p> <p>9:30 am – Current Events</p> <p>11:45 am – Trivia</p>	<p>29</p> <p>9:30 am – Library</p> <p>11:45 am – Rec. Activity</p>	<p>30</p> <p>9:30 am – Farmers Market</p> <p>11:45 – Simple Cooking</p>	<p>31</p> <p>9:30 am – Five and Below</p> <p>11:45 am - Bowling</p>
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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
3 Hot Turkey Sandwich Mashed Potatoes Applesauce	4 Steak Sub Corn Salad Cranberries	5 Taco Salad Black Beans Banana	6 Chicken Sandwich Celery Sticks Fruit Cocktail	7 Leftovers
10 Hot Dogs Baked Beans Apples	11 BBQ Pork Celery Applesauce	12 Chicken Nugget Curly Fries Oranges	13 Taco Stand	14 Leftovers
17 Cheeseburger Seasoned Fries Clementine	18 Tuna Salad Sandwich Roasted Chick Peas Plum	19 Teriyaki Chicken Green Beans Pears	20 Ham Sandwich Red Pepper Stripes	21 Leftovers
24 Pork Chop Cauliflower Peaches	25 Chicken Salad Sandwich Baby Carrots Kiwi	26 Ham Sweet Potato Casserole Grapes	27 Turkey Wrap Cucumber Slices Cherries	28 Hot Dogs Broccoli Salad Banana