

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:

Hope Station
Calendar

Inside this Issue:

Wellness &
Recovery Center
Information

Menu/ Activity
Schedule

July is National Minority Mental Health Awareness Month

It is a time to bring awareness to the unique challenges that racial and ethnic minorities in the United States face when it comes to mental illness. In 2020, fewer than one in every two African American adults got care for mental health. In 2018, Asian Americans were 60 percent less likely to receive mental health treatment than non-Hispanic Whites. Obstacles for many include a lack of health insurance, less access to treatment, and stigma. Mental illness can affect women of all races and ethnicities. Show your support this month and beyond by learning more about mental health. You can also use and share the resources below to help spread awareness about mental health in your communities and families.

What Is Mental Health?

Mental health includes emotional, mental, and social well-being. Mental health impacts how a person thinks and feels. It also affects how you act, manage stress, and make choices. When you take care of your mental health, you are better able to cope with stress or challenges.

Sometimes it can be hard to manage your mental health. If you have noticed a change in thoughts, behaviors, or moods that disrupts your life, talk to your health care provider. You can also contact a mental health specialist or a trusted loved one for help if you have noticed these changes in yourself or in a loved one.

What Causes Mental Illness?

There is no single cause for mental illness. Multiple mental illnesses can occur at the same time and at random. They can also last for a short or long period of time.

Your mental health can change at any point. Some risk factors that can play a role in developing mental illness include:

- Use of alcohol or drugs
 - Feeling lonely or isolated
 - Biological factors or chemical imbalances in the brain
 - Adverse childhood experiences, like child abuse or sexual assault
- Experiences tied to ongoing medical conditions, like cancer or diabetes

Symptoms of a Mental Illness

Most of the same mental illnesses can develop in both men and women. However, women may have more distinct symptoms.

Some common symptoms can include:

- Pulling away from people and usual activities
- Appetite or weight changes
- Ongoing sadness or feelings of hopelessness
- Intense changes in eating or sleeping habits
- Clear changes in mood, energy level, or appetite

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.

July's Archway Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:30 am – Deinstitutionalization</p> <p>11:45 am – Art w/ Cindy</p>	<p>2 9:30 am- Current Events</p> <p>11:45 am - Bank Trip</p>	<p>3 9:30 am – Greif</p> <p>11:45 am – Park Trip</p>	<p>4 Closed</p>	<p>5 9:30 am- ACES</p> <p>11:45 am- Hobbies & Skills</p>
<p>8 9:30 am – Fight/Flight or Freeze</p> <p>11:45 am – Art w/ Cindy</p>	<p>9 9:30 am – Mall Trip</p> <p>11:45 am – Rec. Activity</p>	<p>10 9:30 am – PTSD</p> <p>11:45 am – Library</p>	<p>11 9:30 am – Farmers Market Downtown</p> <p>11:45 am – Rect. Activity Women's Group</p>	<p>12 Swimming @ Constitution</p>
<p>15 9:30 am – C-PTSD BPD</p> <p>11:45 am – Art w/ Cindy</p>	<p>16 9:30 am – Current Events</p> <p>11:45 pm – Bank Trip</p>	<p>17 9:30 am – Fire arms in Politics</p> <p>11:45 pm – Park Trip</p>	<p>18 9:30 am- Open Discussion</p> <p>11:45 am- Rec. Activity 12:30 - Fishing</p>	<p>19 9:30 am – Shopping LaVale</p> <p>11:45 am – Hobbies & Skills</p>
<p>22 9:30 am – Board Games</p> <p>11:45 am – Art w/ Cindy</p>	<p>23 9:30 am- Volunteer Day</p> <p>11:45 am- Rec. Activity</p>	<p>24 9:30 am – Trivia Games</p> <p>11:45 am – Rec. Activity</p>	<p>25 9:30 am- Karaoke</p> <p>11:45 am- Rec. Activity</p>	<p>26 Swimming @ Constitution</p>
<p>29 9:30 am – Addiction</p> <p>11:45 am – Art w/ Cindy</p>	<p>30 9:30 am – Monthly Wrap-Up</p> <p>11:45 am – Rec. Activity</p>	<p>31 Rocky Gap</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
1 Fiesta Chicken Black Beans Blueberries	2 Egg Salad Celery Tropical Fruit	3 Cheeseburger Baked Beans Peaches	4 CLOSED	5 Leftovers
8 Chicken Nuggets Baked Beans Fruit Cocktail	9 Tuna Salad Pepper Strips Grapes	10 Sloppy Joe Potato Wedges Apple	11 Ham & Cheese Sandwich Cherry Tomatoes Blackberries	12 Leftovers
15 Salisbury Steak Green Beans Pineapple	16 PBJ Baby Carrots Banana	17 Ham Mashed Potato Mandarina Oranges	18 Shrimp Salad Sandwich Celery Kiwi	19 Leftovers
22 BBQ Peas Cantaloupe	23 Chicken Sandwich Broccoli Cherries	24 Chili Salad Pineapple	25 Crab Salad Sandwich Cheese Stick Cucumber Raspberries	26 Leftovers
29 Chicken Thigh Roasted Potato Applesauce	30 Chicken Wrap Asian Salad Raspberries	31 Hot Dog Cantaloupe		



JULY 2024

Disability Pride month

Minority Mental Health Month



Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1 Dual Recovery Anonymous: 11:00 AM	2 Priority Partners w/ Lisa : Summer Safety Tips 11:00 AM Bingo! : 12:00 PM	3 Life Skills: 11:00 AM Living With Depression & Anxiety: 1:00 PM	4 Fourth Of July : Office Closed	5 Movies & Snacks	6
7	8 Dual Recovery Anonymous: 11:00 AM Managing your negative thoughts : 1:00 PM	9 Expungement Clinic w/ Michael Stevens 10:30 Service Coordination w/ Patricia: 11:00 Karaoke : 12:00 pm:	10 Life Skills: 11:00 AM Living With Depression & Anxiety: 1:00 PM	11 Arts & Crafts: 11:00 AM Dual Recovery Anonymous: 1:00 PM	12 Movies & Snacks	13
14	15 Dual Recovery Anonymous: 11:00 AM Managing your negative thoughts : 1:00 PM	16 Food Demo w/ Shirley Guinn: 10:30 AM Bingo! : 12:00 PM	17 Life Skills: 11:00 AM Living With Depression & Anxiety: 1:00 PM	18 Center for Clinical Resources: Diabetes Ed : 10:30 AM Dual Recovery Anonymous: 1:00 PM	19 Movies & Snacks	20
21	22 Dual Recovery Anonymous: 11:00 AM Managing your negative thoughts : 1:00 PM	23 Expungement Clinic w/ Michael Stevens 10:30 Celebration Day: Tacos!	24 Life Skills: 11:00 AM Living With Depression & Anxiety: 1:00 PM	25 Arts & Crafts: 11:00 AM Dual Recovery Anonymous: 1:00 PM	26 Pantry on the Go- Produce Giveaway	27
28	29 Dietician Rachel Sproat : 10:30 AM Dual Recovery Anonymous: 11:00 AM Managing your negative thoughts : 1:00 PM	30 Karaoke : 12:00 pm:	31 Life Skills: 11:00 AM Living With Depression & Anxiety: 1:00 PM	632 N Centre St Cumberland MD 21502 Center Hours: M-F 10:00 AM - 4:00 PM Pantry Hours: M-F 10:00 AM - 1:30 PM By appointment	PH: 240-362-7168 Fax:: 240-362-7170	

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: _____