

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”

AUGUST EDITION

What is suicide? Suicide is a major public health concern. In 2021, suicide was the [11th leading cause of death](#) overall, claiming the lives of over 48,100 people. Suicide is complicated and tragic, but it is often preventable. Knowing the warning signs for suicide and how to get help can help save lives.

Suicide is when people harm themselves with the intent of ending their life, and they die as a result.

A **suicide attempt** is when people harm themselves with the intent of ending their life, but they do not die.

Avoid using terms such as “committing suicide,” “successful suicide,” or “failed suicide” when referring to suicide and suicide attempts, as these terms often carry negative meanings.

What are the warning signs of suicide?

Warning signs that someone may be at immediate risk for attempting suicide include:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast

Talking or thinking about death often

Other serious warning signs that someone may be at risk for attempting suicide include:

- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Making a plan or looking for ways to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
- Talking about feeling great guilt or shame
- Using alcohol or drugs more often
- Acting anxious or agitated
- Changing eating or sleeping habits

Showing rage or talking about seeking revenge

Suicide is not a normal response to stress. **Suicidal thoughts or actions are a sign of extreme distress and should not be ignored.** If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

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

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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.

August's Archway Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30 am- Responsibility 11:45 am- Gym & Outdoor Games	2 9:30am – My Pattern 11:45 am- Rec. Activity
5 9:30 am – Stress Relief 11:45 am – Art w/ Cindy	6 9:30 am – Mall Trip 11:45 am – Rec. Activity	7 9:30 am – The Trolley Problem 11:45 am – Gym	8 9:30 am – Farmers Market Downtown 11:45 am – Rec. Activity	9 Swimming @ Constitution
12 9:30 am – Rejection Sensitive Dysphoria 11:45 am – Art w/ Cindy	13 9:30 am – Social Skills Small Talk 11:45 pm – Bank Trip	14 CLOSED	15 9:30 am- Board Games 11:45 am- Rec. Activity	16 9:30 am – Shopping LaVale 11:45 am – Hobbies & Skills
19 9:30 am – Lisa Priority Partners 11:45 am – Art w/ Cindy	20 9:30 am- Volunteer Day 11:45 am- Rec. Activity	21 9:30 am – Positive Self Talk 11:45 am – Rec. Activity	22 9:30 am- Filling Out Online Forms 11:45 am- Rec. Activity 12:30 - Fishing	23 Swimming @ Constitution
26 9:30 am – Current Events 11:45 am – Art w/ Cindy	27 9:30 am – The Candidates 11:45 am – Hobbies & Skills	28 9:30 am- Medication By Chad 11:45 am- Gym	29 9:30 am- Suicide 11:45 am- Rec. Activity	30 9:30 am- Self-Esteem 11:45 am- Walking Group



August

National Wellness Month

Hope Station Wellness & Recovery Center

632 N Centre St Cumberland MD 21502

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

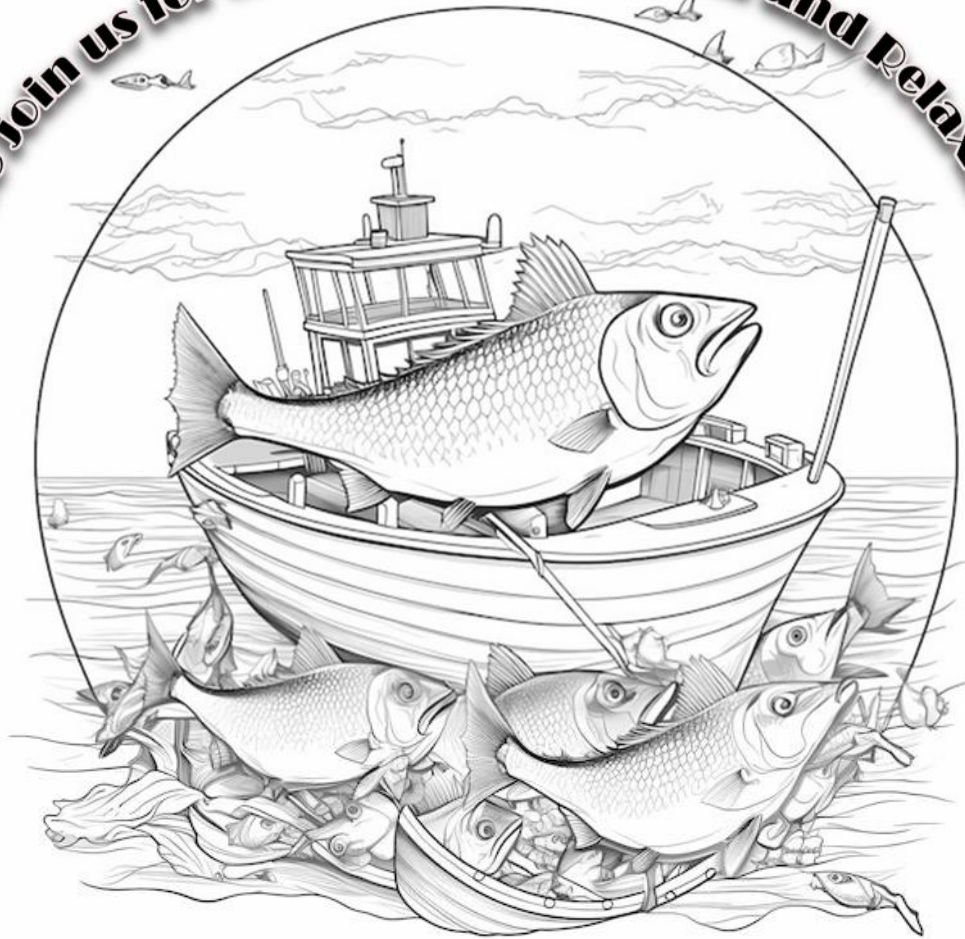
Center hours: M-F 10:00 AM -4:00 PM

Pantry hours: M-F 10:00 AM -1:30 PM by appointment



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Arts & Crafts: 11:00 AM Dual Recovery Anonymous: 1:00 PM	2 Movies & Popcorn	3
4	5 Dual Recovery Anonymous: 11:00 AM Mindfulness & Meditation 1:00 PM	6 Expungement Clinic W/ Mike Stevens : 10:30 AM Bingo! 11:00 Living With Anxiety & Depression : 1:00 PM	7 ASI Health Inc: 10:30 Managing your negative thoughts : 1:00 PM	8 Arts & Crafts: 11:00 AM Dual Recovery Anonymous: 1:00 PM	9 Movies & Popcorn	10
11	12 Dual Recovery Anonymous: 11:00 AM Mindfulness & Meditation 1:00 PM	13 Summer Carnival! Food, games, and prizes!	14 Life Skills : 11:00 AM Managing your negative thoughts : 1:00 PM	15 Arts & Crafts: 11:00 AM Dual Recovery Anonymous: 1:00 PM	16 Movies & Popcorn	17
18	19 Dual Recovery Anonymous: 11:00 AM Mindfulness & Meditation 1:00 PM	20 Expungement Clinic W/ Mike Stevens : 10:30 AM Bingo! 11:00 Living With Anxiety & Depression : 1:00 PM	21 Priority Partners W/ Lisa: 11:00 AM Managing your negative thoughts : 1:00 PM	22 Potomac Community Services: 10:00 Arts & Crafts: 11:00 AM Dual Recovery Anonymous: 1:00 PM	23 Produce Giveaway	24
25	26 Center Closed: Wellness Recovery Action Plan (WRAP) Training with On Our Own of Maryland 8:30- 4:30	27	28 Life Skills : 11:00 AM Managing your negative thoughts : 1:00 PM	29 Arts & Crafts: 11:00 AM Dual Recovery Anonymous: 1:00 PM	30 Movies & Popcorn	31

Come join us for an Afternoon of Fun and Relaxation



You could go fishing, walk on the trail, or socialize with friends and enjoy a hot dog or hamburger on the grill.

12:30 p.m. on August 22nd

At Battle Mixon

Please, RSVP with your HSW3 if you plan to attend.

You can meet us at W&R at noon and ride down together or meet us at Battie Mixon. If you cannot meet at W&R let your HSW know so we can plan transportation.

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 Ham & Cheese Sandwich Pepper Strips Oranges	2 Leftovers
5 Cheeseburger Potato Wedges Pineapples	6 Tuna Salad Celery Sticks Plum	7 Teriyaki Chicken Carrots Pears	8 Hoagie Broccoli Grapes	9 Leftovers
12 Pork Chop Mashed Potatoes Pineapples	13 Turkey Wrap Cucumber Slices Raspberries	14 CENTER CLOSED	15 Chicken Sandwich Cauliflower Blackberries	16 Leftovers
19 Pork BBQ Sandwich Green Beans Peaches	20 Chicken Salad Sandwich Celery Kiwi	21 Baked Fish Roasted Potato Fruit Cocktail	22 Shrimp Salad Cherry Tomatoes Blueberries	23 Leftovers
26 Hot Turkey Sandwich Mashed Potatoes Applesauce	27 Crab Salad Sandwich Cheese Stick Cauliflower Strawberries	28 Chicken Thighs Green Beans Cantaloupe	29 Egg Salad Sandwich Green Pepper Strips Mandarin Oranges	30 Leftovers

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: _____