

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”

SEPTEMBER EDITION

Suicide Prevention

The urgency and need for the *National Strategy* and *Federal Action Plan* are further illustrated by additional data. For example, every year millions of people think about, plan, or attempt suicide. The problem is particularly stark among youth. In 2021, 22% of high school students seriously considered suicide, with nearly 1 in 10 having attempted suicide. Populations disproportionately impacted include Veterans, certain racial and ethnic groups, people with disabilities, LGBTQ+ populations, youth, middle-aged, and older adults, individuals with serious mental illness, and certain occupational groups, among others. For example, between 2018 and 2021, suicide rates rapidly increased among non-Hispanic Black or African American populations ages 10–24 (+36.6% increase) and 25–44 years (+22.9%), non-Hispanic American Indian and Alaska Native populations ages 25–44 (+33.7%), non-Hispanic multiracial populations ages 25–44 years (+20.6%), and Hispanic populations ages 25–44 years (+19.4%).

What You Can Do

- **Take it seriously:** If someone confides in you about their suicidal thoughts or intentions, take it seriously. Avoid minimizing their feelings or telling them to “snap out of it.”
- **Listen non-Judgmentally:** Create a safe and non-judgmental space for them to talk about their feelings. Let them express their thoughts and emotions without criticism or judgment.
- **Show empathy and compassion:** Let the person know that you care about their well-being. Show empathy and understanding by saying things like, “I’m here for you,” or “I’m sorry you’re feeling this way.”
- **Ask directly about suicide:** While it may be uncomfortable, ask the person directly if they are thinking about suicide. This can open up an honest conversation and allow them to express their feelings.
- **Keep them safe:** If the person has a plan and access to means (e.g., pills, firearms) for suicide, try to remove or restrict access to those means. This can be a crucial step in preventing a suicide attempt.
- **Encourage professional help:** Encourage the person to seek professional help from a mental health therapist, counselor, or psychiatrist. Offer to help them find resources and make appointments.
- **Offer to accompany them:** If they are willing, offer to accompany them to their appointments or help them make the call to a crisis helpline. Sometimes, the presence of a supportive person can make it easier for them to seek help.
- **Stay connected:** Keep in touch with the person regularly, even if it’s just a text or a quick check-in. Let them know you care about their well-being.
- **Involve trusted individuals:** If you’re concerned about their safety, involve other trusted friends or family members who can provide support and assistance.
- **Don’t promise secrecy:** While you should respect their privacy, do not promise to keep their suicidal thoughts a secret if they are in immediate danger. Their safety should be the top priority.

Know crisis helplines: Be aware of crisis helplines and hotlines in your area, such as the 988 Suicide and Crisis Lifeline (dial 988 for support) or Crisis Text Line (Text HELLO to 741-741). Encourage the person to contact these resources if they need immediate help.

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

Fishing Flyer

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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.

September's Archway Wellness and Recovery Center Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 2 Center Closed | 3 9:30 am- Shopping Industrial Blvd. 11:45 am- Rec. Activity | 4 9:30 am- Jason David Frank 11:45 am- Structured Chat | 5 9:30 am- Current Events 11:45 am- Rec. Activity | 6 9:30am – ASL 11:45 am- Hobbies & Skills |
| 9 9:30 am – Social Engineering 11:45 am – Art w/ Cindy | 10 9:30 am – Constitution Outdoor Games 11:45 am – Bingo | 11 9:30 am – 9/11 Memorial 11:45 am – Rec. Activity | 12 9:30 am – Shopping @ Mall 11:45 am – Karaoke | 13 9:30 am- Trivia Games 11:45 am- Rec. Activity |
| 16 9:30 am – Internet Security 11:45 am – Art w/ Cindy | 17 9:30 am – Shopping LaVale 11:45 am – Rec. Activity | 18 9:30 am- Younger-Dryas 11:45 am- Structured Chat | 19 9:30 am- Dan's Mt. Cookout 11:45 am- Battie Mixon (Fishing) | 20 9:30 am – Current Events 11:45 am – Hobbies & Skills |
| 23 9:30 am – Online Dating 11:45 am – Art w/ Cindy | 24 9:30 am- Resources for Independence (Visit) 11:45 am- Bingo | 25 9:30 am – Simple Cooking 11:45 am – Lord of Rings | 26 9:30 am- Flea Market Shopping 11:45 am- Karaoke | 27 9:30 am- Socialization Share Similar Interest 11:45 am- Rec. Activity |
| 30 9:30 am – Artificial Intelligence 11:45 am – Art w/ Cindy | | | | |

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 |
|---|---|---|---|-----------------|
| 2 Center Closed | 3 Chicken Sandwich Red Pepper Strips Plum | 4 Salisbury Steak Mashed Potatoes Corn | 5 Shrimp Salad Sandwich Asian Salad Watermelon | 6 Leftovers |
| 9 Hot Dog Potato Wedges Banana | 10 Tuna Salad Sandwich Baby Carrots Grapes | 11 Chicken Thigh Butter Beans Fruit Cocktail | 12 Hoagie Broccoli Peaches | 13 Leftovers |
| 16 Ham Mashed Potatoes Corn Applesauce | 17 PB&J Broccoli Banana | 18 Sloppy Joe Baked Beans Pineapple | 19 Chicken Salad Sandwich Celery Sticks Strawberries | 20 Leftovers |
| 23 Cheeseburger Curly Fries Pears | 24 Chicken Wrap Cucumber Slices Cantaloupe | 25 Baked Fish Carrots Rice Tropical Fruit | 26 Ham & Cheese Sandwich Cauliflower Oranges | 27 Leftovers |
| 30 Honey Mustard Chicken Broccoli Apricots | | | | |

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

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|---|-----------|
| 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

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|----------|--------------|
| Longview | 301-777-3208 |
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Community Residential

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|--|--------------|
| 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: _____