



COMMUNITY NEWSLETTER

Experience the Power of Recovery

Fall 2015

www.peaceevansville.org

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PEER MENTORING PROGRAM LAUNCH, EARLY 2016

Volunteering as a Peer Mentor allows you to help others on their path to continued recovery. It's about reaching out to hold someone else's hand to say "I've been where you are, and I can tell you everything will be okay. You are capable and strong enough to reach where I am now." (Whitney Thore, "My Big Fat Fabulous Life" on TLC)

Peer mentoring is a valuable tool in mental health and helps prevent relapse for those just beginning their journey on the road of recovery. First begun in the U.S. and Canada in the 1960s, it is a tool now used worldwide.

To become a volunteer Peer Mentor, the Mentor needs to have experienced a mental health issue. That may be past depression, bipolar, anxiety, or a myriad of other mental health issues. A Mentor is also far enough along in their own recovery that they can help guide someone just beginning their own along a supportive pathway. It's not about being a counselor, but it is about being a support system. Peer mentors are also not a replacement for professional treatment, but yet complementary to treatment.

Specialized training is included, as is a small phone stipend. The initial training lasts one week to become a Community Health Worker/Certified Recovery Specialist. Training will take place in Evansville. At the end of training, candidates will take a final test to become fully certified. Peace Zone will also offer support of the Peer

Mentor throughout his/her volunteer work.

Time commitment after training will be up to the Mentor and the Peer, but will be a minimum of one hour per week, plus travel time. Meetings can be more than once per week, if agreed upon, and will take place in coffee shops or cafes, the mall, Peace Zone, etc. For additional information about the program or to volunteer, please contact Peace Zone at 812.436.4320.





3RD ANNUAL SPRING ARTS & CRAFTS SHOW

How Your Donations Make a Difference

\$500—allows PZ to offer an 8-week wellness planning (WRAP) workshop that empowers peers to design a wellness plan to guide their daily living

\$1,000— allows PZ to offer a 10-week art workshop for up to 12 peers

\$10,000 – would allow PZ to add an additional 7 hour day to PZ schedule (annual cost)

However you wish to donate, **thank you** for your support!

The 3rd Annual Spring Arts & Crafts Show will be held Saturday, March 26 from 9 am—3 pm at 410 Mulberry Street in the Southwestern Behavioral Healthcare gymnasium. We need your help! We are looking for volunteers to help out at the event and also serve on a fundraising & public relations committee.

The last show hosted over 30 vendors and over 300

patrons visited the event. Funds raised during the event will support programming efforts.

Sponsorship opportunities are also available. Call Carrie at 812.436.4320 for information.



Angie Laugel giving pottery lessons at the 2015 arts & crafts show.

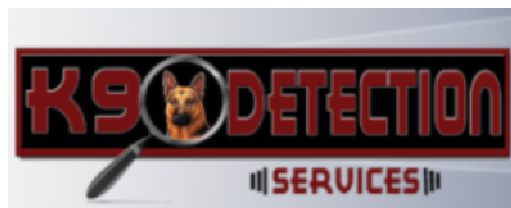
UPCOMING EVENTS

December 14—Hacienda Gives Back, First Ave Location, Coupon on peaceevansville.org

December 16— Member Holiday Party, 11am—?

January 9—Painting with a Twist Fundraiser, 6-8 pm. See details on next page.

March 26—3rd Annual Peace Zone Arts & Crafts Show



A big thank you goes to Folz Real Estate Consultants, LLC and K9 Detection for donating funds to allow Peace Zone to sponsor Mental Health America's Annual Symposium!

Yes, I want to support Peace Zone's mission of promoting mental health wellness and recovery!

I am including my gift of:

\$5 \$10 \$25 \$50 \$100 \$500 Other _____

Please check one:

☐ I would like to remain anonymous.

☐ You have my permission to publish my name as a supporter in your newsletter and/or annual report.

Peace Zone, Inc. is a 501(c)(3) nonprofit organization. Your contribution is tax-deductible to the extent allowed by law.

Donate



Donate online @
www.peaceevansville.org

PAINTING WITH A TWIST FUNDRAISER

Fall 2015

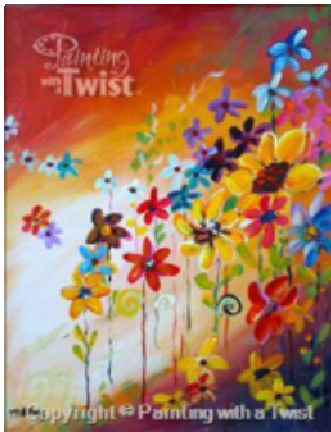


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Painting with a Twist

Saturday, January 9, 6-8 pm

\$35 per seat

**Register by visiting
www.peaceevansville.org. Go
to Events, then Painting with
a Twist**

VOLUNTEER MEMBER FINDS ACCEPTANCE AT PZ

Jayne is a gardener, housekeeper, artist, and a valued member and volunteer of Peace Zone. She has experienced many changes throughout the course of her recovery, one being the introduction of the newer atypical medications. She and her doctor found a medication in the year 2000 that turned her life around and helped her live life again. With this medication, she was able to work, cope, and feel productive in society again.

Medication is not the only thing that has been helpful to Jayne. There are many facets that contribute to her recovery, which include, being involved with and volunteering at Peace Zone, the support of her family, and her church. At Peace Zone, she can be found instructing her peers on how to implement art techniques, helping at the front desk, and

facilitating the spiritual recovery group on occasion. Jayne also spends time volunteering every Monday cleaning her church.

She says that dealing with stigma has actually made her a stronger person. However, at Peace Zone she doesn't feel stigmatized.

Since she is around peers, she says she feels completely accepted. She has also made many friends along the way.

When asked what advice she would give someone who has been newly diagnosed or someone who is struggling, she replied "Don't be afraid to ask for help."



Jayne, Peace Zone volunteer & member

Help us grow

- Tell friends and family who need mental health peer support about Peace Zone and our mission of promoting mental health wellness and recovery
- Make a bequest and leave a lasting legacy
- Send us a note to let us know how Peace Zone has touched your life
- Consider a first-time financial gift or become a monthly donor
- Like us on Facebook, follow us on Twitter, subscribe to our YouTube channel.
- Become a community partner of Peace Zone

Program Highlight: Wellness Recovery Action Planning (WRAP®)

How WRAP made a difference in the life of one participant...

"My WRAP education has empowered me to take back the reins of my life and reclaim significant control over my mental health issues in a way medication alone has not. I've been in regular therapy for a long time, but this offers a different set of skills to enhance the work I do there. Rather than waiting, as I did for years, for symptoms to ambush me and derail what I need and want to do with my life, I now evaluate my schedule and moods daily and take proactive steps to address potential flare-ups before they even begin. For example, I know that a major trigger for me is getting too little sleep, so I take steps to ensure I get enough hours in bed every night - and if something happens to disrupt that, I use my WRAP-developed strategies to watch for early warning signs and to minimize the adverse effects. Before, I was on a runaway train, hanging off the caboose, clinging to the railing for dear life. But the WRAP course I enjoyed at the Peace Zone pulled me inside and placed me in the conductor's seat. I can't always prevent problems. No one has that kind of power. But I'm driving this train now, and I can create a peace-centered and happy life for myself. Thank you, Peace Zone, and all who support this amazing programming!" - Suzanne W

Call Peace Zone at 812.436.4320 for additional information about WRAP®, visit our website at www.peaceevansville.org, or visit www.mentalhealthrecovery.com.

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Peace Zone is a peer-run recovery center. Founded in 2012, Peace Zone provides support to adults who live with mental health issues.

Peace Zone's mission is to promote mental health wellness and recovery, and to educate the community about mental health issues.