



NEWSLETTER

Experience the Power of Recovery

Spring 2014

www.peaceevansville.org

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FIRST SUCCESSFUL ARTS & CRAFTS SHOW

PEACE Zone's first large fundraiser was a success. The show featured hand-made arts and crafts on March 29th. Volunteers from PEACE Zone also had an exhibit with jewelry, birdhouses and art which had been created by members and also items that others had donated to PEACE Zone to sell.

The event was generously sponsored by Southwestern Behavioral Healthcare, Inc, who donated the space in their gymnasium

Kayleigh (left) and Lieza (right) from Lieza's Lids & Things showcase items at Lieza's booth.



to hold the show. Many thanks to all who attended and participated. Now we are gearing up for our 2nd annual arts and crafts show that will take place March 28th, 2015 from 9 am—3 pm. We raised

\$1,012 through vendor fees, admissions, concessions, and the PEACE Zone craft table. The funds raised from the show will be used for PEACE Zone's arts and crafts program.

PEACE Zone has been utilizing the power of art and creativity for improving emotional and mental health in the Arts Empowerment Program.



Carol Mathews, artist and PEACE Zone member, showcases her artwork for sale at the Arts & Crafts Show.

Lisa Cheatem (left) and Samantha McDaniel (right) manage the PEACE Zone arts and crafts table.





SEPARATING MYTHS & TRUTHS OF SCHIZOPHRENIA

How Your Donations Make a Difference

\$20—Covers the cost of materials for 2 participants to attend a WRAP 8-week recovery workshop

\$50—Covers the cost of paper used for our weekly recovery groups for an entire year.

\$100—Sponsors two Community Education Forums in which your organization name appears on the event flyers and your organization mentioned as a sponsor before each forum.

\$500—Supports the arts and crafts program for approximately 3 months.

If you would like to donate to our cause, send a check payable to PEACE Zone, Inc. to:

PEACE Zone
410 Mulberry St
Evansville, IN 47713

You can also visit our wish list on Amazon by clicking on "Wish List" and typing "PEACE Zone."

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

Graduating from High School, attending college, finding a job that is satisfying, building lasting relationships, these are goals that most of us expect to meet. In approximately 1% of the population these aspirations become almost insurmountable.

A diagnosis of Schizophrenia can be devastating and life altering for all those involved. Timely intervention and on-going support can make the difference between social isolation and reestablishing a meaningful life as part of a community.

Schizophrenia is a mental disorder that generally appears in the late teens to the late twenties. In some cases it seems to develop gradually over time. In other cases it appears to hit suddenly. Either way the effect can be devastating. Schizophrenia is a complex, chronic, and severe disorder that affects the brain. To date there is no physical or laboratory test to establish the presence of this illness.

A diagnosis is made based on reported or observed symptoms and by ruling out other possible medical conditions such as seizures, a brain tumor, thyroid dysfunction, drug use and metabolic disorders.

Symptoms that are characteristic of Schizophrenia include delusions, hallucinations, lack of motivation (avolition), social withdrawal,

poor expression of emotions, disorganized or catatonic behavior and cognitive difficulties. As with other illnesses, there are various types of Schizophrenia each being defined based on the prominent symptoms that are causing distress or impairment.

For example, an individual who feels persecuted by those around him and isolates due to the paranoia he is experiencing is referred to as having Schizophrenia, Paranoid type.

The primary treatment for Schizophrenia is medication and supportive services to assist the individual in the areas of life that have been impaired by this illness.

While medication plays an essential role in the treatment of Schizophrenia, barriers to reintegration exist due to the profound impact of this illness on both cognitive and social functioning.

These barriers lead to stigmas which are distorted by misconceptions and unrealistic portrayals of those suffering from mental illness by the media. The following are common myths are often expressed:

Myth: People with Schizophrenia have "split personalities."

Truth: This is not a symptom of Schizophrenia. This may reference the disconnect that individuals with this

illness may experience between thought and feeling.

Myth: People with Schizophrenia are dangerous.

Truth: Some individuals with Schizophrenia may be dangerous but most are not. According to Ken Duckworth, MD, Medical Director for the National Alliance on Mental Illness (NAMI), "there is a small subset of this population that can be dangerous...people with psychotic symptoms account for only 1-5% of violent crimes and are much more likely to be victims."

Myth: Most people with Schizophrenia will never get better.

Truth: Recovery is possible! Great strides have been made in the treatment of Schizophrenia. The newer medications are less sedating and have fewer side effects.

Community based services assist individuals in living more independently outside the confines of a hospital. Support groups such as the National Alliance of Mental Illness (NAMI) work diligently to educate families and involve them in treatment.

Beth Barchet, MSW, LCSW



PEACE ZONE RECEIVES SIGNS OF SUPPORT GRANT

PEACE Zone is pleased to announce that it was recently awarded a Signs of Support grant from Signarama Evansville. The grant will be used for banners to advertise the arts and crafts show and vehicle signage. The grant will help us carry out our mission of empowering individuals living with mental health conditions and educating the community about mental health issues.

Signarama Evansville is a locally owned and operated, full-service sign and graphics company offering a wide range of products to help clients maximize branding and marketing efforts. "The Signs

of Support Grant Program supports and strengthens local civic and charitable organizations with donations of signage, graphics and displays at

partial or no cost. Any organization that is eligible may submit an application for their needs." – Signarama Evansville.



Debbie Valiant (left), Owner of Signarama, presents Lori Rivera (right), PEACE Zone Program Coordinator, one of the banners they received through Signs of Support.

For additional information about Signarama and their grant program, visit Signarama's website. www.signsoveramerica.com

COMMUNITY EDUCATION FORUMS ARE A SUCCESS

PEACE Zone is excited about its partnership with Mental Health America of Vanderburgh County to deliver community education forums to the public. Since January of this year, PEACE Zone and MHA have hosted three different forums on the topics of depression, anxiety, and navigating the healthcare marketplace. There were a total of 69 attendees that participated in these three forums.

We are pleased to announce that these forums have been a success and that we plan to continue offering these forums to the public. A few of the outcomes of the forums include the following:

- 95% said the forum increased their knowledge about depression/anxiety.
- 93% would feel comfortable approaching their doctor if they felt

they needed treatment for depression/anxiety after attending the forum.

- 92% would recommend the workshops to others.

One of the goals of the forums is to decrease stigma in the community associated with mental illness. One way to do this is through educational opportunities like these.

Community forum sponsorship opportunities are available. We have three sponsorship levels. Call Lori at 436.4320 or Emily (MHA) at 426.2640.

PEACE Zone Annual Cookout

Join us for our annual cookout on May 29th at 12 noon! Food, friends, and fun. Please let us know if you will be attending so we can get a head count. If you'd like to donate food/sodas/water, etc. for the event, please call 436.4320.



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Evansville, IN 47713

812.436.4320

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

PEACE Zone's mission is to promote mental health wellness and recovery for individuals and to educate the community about mental health issues. Our members are encouraged to realize their full potential. Members are empowered through peer support, socialization opportunities, advocacy, recovery education, and being inspired to take an active role in the community.

www.peaceevansville.org



Don't forget to check our website for:

- Schedule of events
- Subscribing to our e-newsletter
- Links to Facebook, Twitter, & more
- Virtual tour of PEACE Zone
- Information on how to donate

HOURS:

TUESDAY 3-7 P.M.
WEDNESDAY &
THURSDAY
9 A.M.—4 P.M.

LOCATION:

410 MULBERRY ST
ENTER FROM THE
MULBERRY STREET
GATE (LOOK FOR SIGN
ON FENCE)



Did you notice our billboard campaign over the past year? The purpose of the campaign was to spread the message that recovery from mental health issues is possible!