



# COMMUNITY NEWSLETTER

**Experience the Power of Recovery**

**Summer 2015**

[www.peaceevansville.org](http://www.peaceevansville.org)

Social: [/peaceevansville](https://www.facebook.com/peaceevansville)



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## 2ND ANNUAL ART OF RECOVERY

Last year was Peace Zone's first Art of Recovery fine art show. It was such a success PZ decided to make it an annual event. The purpose of the show is to raise awareness of mental health issues in general and also an awareness for Peace Zone's programs. The show features artwork created by individuals in recovery. This year the show will be held at First Presbyterian Church at 609 SE Second Street (across from Penny Lane).

Each year PZ will celebrate the Art of Recovery in September to celebrate National Recovery Month. National Recovery Month is a celebration that was started by SAMHSA (Substance Abuse and Mental Health Services Administration), a government organization.

While it started out as a celebration of recovery from addictions issues, Recovery Month now also includes mental health issues in general.

Last year PZ had eight artists participate and had approximately 75-100 people in attendance for the reception. PZ hopes to surpass that this year. PZ will have at least 12-15 artists participating this year and the reception date just so happens to fall on a Haynie's Corner First Friday as well. The reception is September 4 from 6-8pm. If you are in the area, don't forget to stop by the Church!

If you cannot make it to the reception, feel free to stop by the church Monday through Friday (September 4-17) from 8:30-4:30.



*Colorado Mountains* by Connie Bell  
Acrylic on Canvasboard  
Instructor for "Cut Loose & Paint"



*Hummingbird* by JJ Grace  
Oil on Paper



## DMHA NEARLY TRIPLES FUNDING FOR FY2016

### 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!

Peace Zone is pleased to announce that the Indiana Division of Mental Health & Addiction nearly tripled its funding this year. With these funds, two positions are being created and PZ will establish a peer coaching program. The new Development and Marketing Coordinator will represent PZ at health fairs, help with fundraising, our newsletter, and other development and marketing activities. The Outreach and Peer

Wellness Coordinator will establish and oversee the peer coaching program. The open positions are posted on Southwestern Behavioral Healthcare's website at [www.southwestern.org/careers](http://www.southwestern.org/careers)

DMHA has been supportive of PZ since its inception. DMHA's mission is "to ensure that Indiana citizens have access to quality mental health and addiction services that promote

individual, family and community resiliency and recovery." - DMHA website

DMHA programs and services focus on addictions, mental health, co-occurring disorders, and systems of care. If you would like to learn more about DMHA and what they do, visit [www.in.gov/fssa/dmha](http://www.in.gov/fssa/dmha).

## UPCOMING EVENTS

**September 2** – 8-week Wellness Planning Workshop Begins

**September 4** - Art of Recovery Reception 6-8pm, First Presbyterian Church

**September 4-17** - 2nd Annual Art of Recovery, First Presbyterian Church

**December 2** - Save the date! Home for the Holidays: Community Education Forum. Tips for overcoming holiday anxiety and stress.

**December** - Holiday party for members and their families—date TBD

**812-422-1100**  
**24-Hour Suicide Prevention Line**

**Suicide is Real... Help is Available**



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](http://www.peaceevansville.org)**



## IAC SUPPORTS PEACE ZONE 2ND YEAR IN A ROW

Summer 2015

The Indiana Arts Commission is supporting Peace Zone with a grant for the 2nd year in a row. PZ received funding to pilot a painting support group open to anyone who took an art class with PZ under the previous year grant funding. The painting support group is being made possible by the Vanderburgh Community Foundation, the Indiana Arts Commission, and the National Endowment for the Arts.

Last year, nearly 90% of the participants in the art classes reported progress in their recovery, increased self-esteem, and improved mood. It is anticipated that the painting support group will have similar results.

Throughout the year, participants in the group will have the opportunity to display their artwork in various venues throughout the city, including the

Evansville Vanderburgh Public Library and Barnes & Noble. PZ is excited about this project!



### 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



## WRAP BEGINS SEPTEMBER 2ND

Peace Zone is offering another Wellness Recovery Action Planning (WRAP) workshop starting September 2nd. WRAP is a free 8-week workshop that empowers participants to take charge of their life. Participants complete a wellness plan to guide their daily living and help them achieve their goals and dreams. This is a peer-led workshop and will be held at the Kempf Bipolar Wellness Center (3rd floor of the St. Mary's Rehab building on the East side of town). WRAP is intended to be complementary to professional treatment.

What one WRAP participant says...

*"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.

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Semicolon tattoos are trending right now and they represent mental health struggles. "A semicolon is used when an author could've chosen to end their sentence, but chose not to. The author is you and the sentence is your life." - Project Semicolon

# 2<sup>nd</sup> Annual Art of Recovery

Mental Illness does not discriminate.

1 in 4 struggle with a diagnosable mental health condition in a given year.



Recovery Happens



Recovery from mental health issues is not only possible, but probable. With professional treatment, community resources, and peer recovery supports such as Peace Zone, recovery is a reality.

Join us in the celebration of recovery through visual art.

**September 4-17 @ First Presbyterian Church, 609 SE 2nd St**  
**Reception September 4, 6-8 pm**  
**light refreshments, free to attend**



Peace Zone, Inc.  
410 Mulberry Street  
Evansville, IN 47713

**812.436.4320**

info@peaceevansville.org  
www.peaceevansville.org

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.*