



COMMUNITY NEWSLETTER

Experience the Power of Recovery

Winter 2015

www.peaceevansville.org

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



Inside this issue:

- **The Art of Recovery**
- **How Your Donations Make a Difference**
- **PEACE Zone Receives Grant from the Southwestern Indiana Suicide Prevention Coalition**
- **Upcoming Events**
- **Dennis Moran and Michelle Krack Receive Mental Health America of Indiana Hero Awards**
- **The Art of Recovery (cont)**
- **Support PEACE Zone when you shop at Schnucks**
- **Help us Grow**
- **2nd Annual Arts & Crafts Show**

Board of Directors

Faren Levell—President
Emily Reidford—Vice President
Cheryl Rietman—Secretary
Eric Provost—Treasurer
Beth Barchet
Sue Ann Hartig Summers
Timothy Kempf
D'Arcy Reynolds
Gerald Summers

Staff

Lori Rivera, Director
Michelle Krack, Peer Advocate
Lisa Cheatem, Peer Advocate

THE ART OF RECOVERY

PEACE Zone, a peer-run recovery center in Evansville founded by Southwestern Behavioral Healthcare, Inc., is using visual arts empowerment to promote recovery and emotional wellness. A series of art classes open to anyone age 18 and above in the community struggling with mental health issues has been made possible by the Indiana Arts Commission, the Vanderburgh Community Foundation, and the National Endowment for the Arts, through a grant. Sponsors include Southwestern Behavioral Healthcare and the University of Southern Indiana Art and Psychology departments.

The first class in abstract acrylic painting, taught by University of Southern Indiana Art Professor Rob Millard-Mendez, was a success. Participants reported improved mood, increased self confidence, and progress in their recovery. They also reported plans to continue to pursue the arts. As one participant wrote about her experience in the class, "Not only did the class teach me the basics of painting and what I needed to know, it also re-lit a fire in me for art that I hadn't felt since high school."

Everything goes quiet with a brush in your hand. It very quickly became my favorite two hours of the week. And not only did I not feel uncomfortable at all, by the end of the 12 weeks my classmates felt like family and I was genuinely sad to leave them."

Throughout the class, it was evident that the participants enjoyed the camaraderie and emotional support. Several were open during the class sessions about their experiences with mental health issues and the other participants were always supportive and encouraging. "We had shared with each other, listened to each other, and comforted each other."

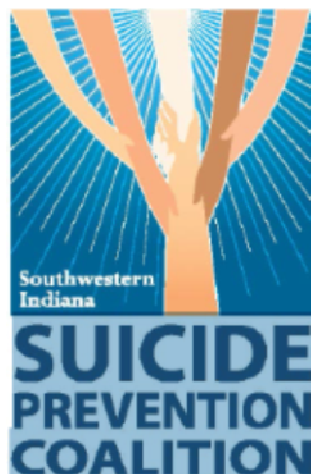
Individuals who complete a class are encouraged to show one or more of their pieces in PEACE Zone's upcoming 2nd Annual Art of Recovery fine art show in September, 2015, to celebrate National Recovery Month. The Art of Recovery serves to create an awareness and decrease stigma in the community associated with mental health issues.

continued on page 3





PEACE ZONE RECEIVES GRANT FROM SOUTHWESTERN INDIANA SUICIDE PREVENTION COALITION



We are pleased to announce that PEACE Zone received a \$1,000 grant from the Southwestern Indiana Suicide Prevention Coalition to help us with our outreach efforts. The Coalition works to promote suicide awareness, education, and prevention. Each year they host a one-mile Lifesavers' walk at the Evansville State Hospital to raise awareness of suicide.

The Coalition offers several suicide prevention programs including the Yellow Ribbon Suicide Prevention Program, Question, Persuade & Refer (QPR), Applied Suicide Intervention Skills Training (ASIST), and Connect Suicide Prevention/ Intervention Training. For information on any of these suicide prevention programs, contact Janie Chappell at 1-800-947-6789 or 812-471-4521.

How Your Donations Make a Difference

\$20—Covers the cost of materials for a participant 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 empowerment program for approximately 3 months

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

UPCOMING EVENTS

March 28 — PEACE Zone 2nd Annual Arts & Crafts Show, 9am—3pm, 410 Mulberry St

May—3rd Annual PEACE Zone Cookout, Mental Health Month

September 2015—The Art of Recovery Fine Art Show at First Presbyterian Church on SE 2nd

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

812-422-1100

24-Hour Suicide Prevention Line

Suicide is Real... Help is Available



DENNIS MORAN & MICHELLE KRACK RECEIVE HERO AWARDS

Winter 2015

PEACE Zone is pleased to announce that our very own, Michelle Krack (Peer Recovery Advocate) and Dennis Moran (CEO, Southwestern Behavioral Healthcare) have won Heroes for Recovery awards from Mental Health America of Indiana. The awards were given in December.

Michelle won in the category of Consumer Advocate for her work in reducing stigma and advocating for recovery, and also for sharing her personal story through her book, *Michelle May Crack*.

Dennis won in the Mental Health Professional category and for over 40 years of dedication in the mental health field.



*Dennis Moran, CEO,
Southwestern Behavioral
Healthcare, Inc.*



*Michelle Krack, Peer Recovery
Advocate, PEACE Zone, Inc.*

THE ART OF RECOVERY (CONT)

Anyone in the community living with a mental health issue is invited to submit artwork for inclusion in the show. A call for entries for the 2015 art show is on our website at www.peaceevansville.org/artshow. Three more classes will be completed by the end of June.

For more information, visit www.peaceevansville.org.



Acrylic painting created by a participant in the abstract painting class, Michelle Krack, Peer Recovery Advocate at PEACE Zone and author of "Michelle May Crack", a personal memoir on bipolar disorder.

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

DID YOU KNOW?

Visitors to PEACE Zone in January increased 29% as compared to January last year!

A recent survey of our members revealed that 100% would recommend PEACE Zone to others struggling with mental health issues.

SUPPORT PZ WHEN YOU SHOP AT SCHNUCKS

Schnucks

Support PEACE Zone when you shop at Schnucks. For every dollar you spend, Schnucks will contribute up to 3% of your purchase to PEACE Zone.

1. Visit Schnucks or PEACE Zone to get a community card
2. Register your card at www.escrip.com/schnucks

3. Present your card to the cashier each time you shop

**The more you shop,
the more we earn!**

2nd Annual
**PEACE Zone
Arts & Crafts Show**



peaceevansville.org

Sat., March 28
9:00 AM - 3:00 PM

Sponsors



410 Mulberry Street
Evansville, IN
(Corner of 4th & Mulberry)

\$1 Admission

Proceeds will benefit
PEACE Zone

Silent auction and
concessions

Handmade arts and
craft items



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.