



COMMUNITY NEWSLETTER

Experience the Power of Recovery

Winter 2016

www.peaceevansville.org

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CELEBRATING OUR 3RD ANNIVERSARY!

It's hard to believe it's our 3rd anniversary already. Looking back, PZ has accomplished a lot and I thought this might be a good time to reflect on the last three years and look forward to the future as well.

On February 28, 2013, Michelle Krack and I opened the PZ doors at 1:00 pm and served 16 people that day. Our visitors that day conversed, drank coffee, and watched TV. Today, our members are engaged in support groups, peer support, art, and volunteering. While they may catch the occasional TV show and still drink coffee, our members now realize the importance of not only socializing and community, but also participating in our recovery support groups, helping out their peers, volunteering, and simply working on their recovery.

PZ has grown to serve anywhere from 25-40 people each day we are open. That's a big difference from around 15 people who would come in each day when we first began.

We operated with only two staff members until Lisa Cheatem joined us in September of 2013. Now we have grown to four staff members to keep up with the demands of daily operations, fundraising, and programming. Carrie Figueroa joined us in September of 2015. We also heavily rely on and value our volunteers! Our volunteers help with the front desk, lead groups, teach art, and help tidy up Peace Zone.

When we first opened, we engaged our members through art activities and support groups. Now we have grown to have six full-fledged programs: 1) Wellness Recovery Action Planning 2) Support Groups 3) Arts Empowerment 4) Community Engagement and Outreach, 5) Hospital Outreach on the Inpatient Units, and 6) Peer Mentoring (will be established in 2016).

Although we don't have a lot of hard outcome data yet (we began measuring our individual programs in 2015), we do have a considerable amount of anecdotal information to show we are improving the lives of the people we serve.

Looking toward the future, I'd like us to conduct more outreach, and especially reach out to young adults (18-29). As you are probably well aware, this is oftentimes when mental health issues arise. If we can reach youth early, we can help try to prevent problems they may face in the course of their recovery.

Thank you to all who have supported PZ over the last three years! Here's to 2016—a great year it will be!

- Lori Rivera
Executive Director





BETH BARCHET WINS HEROES FOR RECOVERY AWARD

How Your Donations Make a Difference

\$10 provides a small canvas and paints for a peer to create an acrylic painting (art has been proven to be therapeutic for individuals struggling with mental health issues).

\$20 covers the cost of materials for one peer to participate in an 8-week wellness recovery action planning workshop.

\$100 allows Peace Zone to be open for 4 hours.

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

PZ is pleased to announce that our very own founder and board member, Beth Barchet, won a Heroes for Recovery award from Mental Health America of Indiana. The awards were given in December.

Beth won in the category of Mental Health Professional for her tireless efforts in empowering consumers and inspiring her staff to deliver excellent treatment in the Community Support Services Department at

Southwestern Behavioral Healthcare.

She started out working as a technician in the group homes, and has also held the positions of Group Home Manager, Group Home Coordinator, Individual and Group Therapist, ACT Team Leader, and Director of Community Based Services. She has also worked in the ER performing assessments for Deaconess Cross Pointe.



Stephen McCaffrey, President and CEO of Mental Health America of Indiana, presenting Beth her award.

UPCOMING EVENTS

February 25—Donor Reception

March—Community Education Forum on the topic of Senior Mental Health. Date TBA

March 26—3rd Annual Peace Zone Arts & Crafts Show, 9am—3pm

May—Annual Mental Health Month Cookout

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

PEER MENTORING PROGRAM LAUNCH

Winter 2016

PZ is establishing a new program that will offer a new opportunity to its members in 2016. When someone new comes to the Recovery Center and they are seeking peer support, they can be matched with a peer mentor. The peer mentoring program promotes peer support from a PZ member to individuals who are just reaching out for the first time in their recovery journeys.

Peer mentors are trained

Community Health Workers/Certified Recovery Specialists. During the training the peer mentors learn skills and techniques such as reflective listening, cultural diversity, and motivational interviewing.

The time spent together between peer and peer mentor is not limited to time spent at the Peace Zone. Coffee shop visits or going to the mall are

just a couple other optional meeting places. Time spent together each week will vary depending on the individual's needs.

As membership grows, PZ hopes to train more peer mentors. Welcoming new members with peer support options and mentoring helps in the recovery process. Call **Michelle** at **812.436.4320**.

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

PAINTING WITH A TWIST FUNDRAISER A SUCCESS!

Thank you, Painting with a Twist, for raising \$637 for Peace Zone!



Mike Barchet, receives check on behalf of Peace Zone!

**Celebrating
Our 3rd
Anniversary!**

You can donate
online @
peaceevansville.org

You can Help!

We are needing the following items donated:

Art Supplies
Canned soft drinks for our vending machine
(Coke, Diet Coke, Mountain Dew,
Diet Mountain Dew, Sprite)
Legal Pads
Musical Instruments
\$10 Gift Cards to Walmart, Target, Best Buy, etc.

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PZ e-News
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peaceevansville.org

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3rd Annual Arts & Crafts Show

March 26, 9 am—3 pm

There is still time to secure a booth at our 3rd annual arts & crafts show. You can get an 8 x 8' booth space for \$30. Attendance from our first show to the second show increased nearly 50% and we are hoping for an even bigger turnout this year. info@peaceevansville.org



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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.