

The Ark House Herald

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August & September 2008



August 18 through August 20 of 2008, art classes were held for the recovery houses O.U.R. House in Grundy and Ark House in Richlands.

The art teacher was Sarah O. She had already taught at Tazewell House and Clinch Mountain House. The classes for The Ark House and O.U.R. House were combined and held at the Grundy recovery center.

We were given canvases and an array of paintbrushes and paint. The theme of the paintings is what recovery means to the

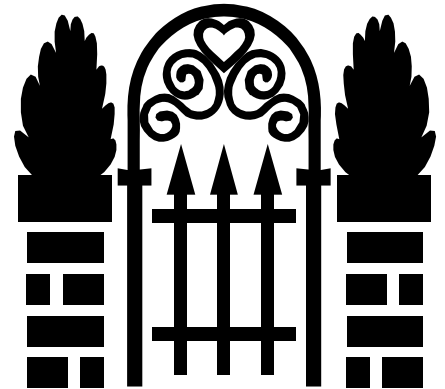
Art Classes

individual painting the picture.

The paintings that were produced during all these classes are on exhibit now at Cumberland Mountain Community Services offices and will then be going to the community college to be displayed there.

It was a very enlightening and enjoyable three day class. Some people finished their first painting fast and went on to create a second painting.

Sarah O. is a good in-



structor. She helped us in mixing the paints to get the desired color. Sarah is a student also and said that the art school she goes to only accepts 100 students each year. Thanks Sarah for helping us.

By: Linda L.

Picnic and Swimming



On August 22, 2008, the Ark House went to Lincolnshire Park in Tazewell. We had sub sandwiches, chips, brownies, and pop. There is a swimming pool at Lincolnshire

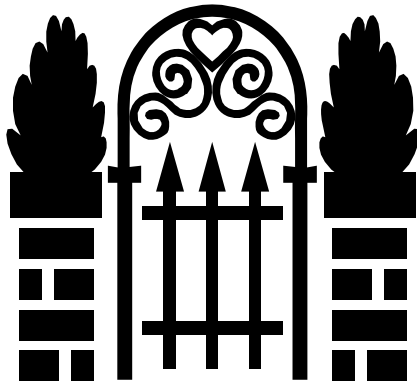
Park and some of us went swimming. It was a whole lot of fun. I hadn't been in a swimming pool in three years. When I got in the pool and started swimming

around, I didn't want to get out! It was a good day and I hope that we can do it again sometime next year!

By: Linda L.

Member of the Month

Linda L. was the member of the month for the month of August. It proved to be great incentive to come to the recovery center and have better attendance. Linda says thanks to all the



other members for their votes and also for helping with the meeting book.

Roger D. was the member of the month for the month of September. Roger said that he had been voted member of

the month before but this time he felt honored that the other Ark House Recovery Center members voted him member of the month. Roger was in residential recovery for some of the month and he said that he appreciates the other members covering for him and doing the morning meeting minutes. Handling the

Happy Birthday To You

Jeff R. and Roger D. both celebrated their birthdays on August 9th. Helen F. celebrated her birthday September 6th. Helen turned 65. Members birthdays are usually celebrated with a home

made cake which they share with the other recovery center members. Helen said that she remembered her cake was lemon flavored.

Happy Birthday to y'all!



A Place of His Own

Ned C. is a new member returning to the Ark House. Ned is very friendly and we are glad to have him. Ned is a recovering addict who has not used in a year and three months. He also spent some times incarcerated then went back into the hospital. From the hospital, he went into a group home after

being stabilized on his medication. Ned is getting an apartment of his own through Cumberland who he has had services with since the early 70's. Ned is very thankful for the Ark House Recovery Center and very thankful for a second chance. Congratulations Ned!



Public Speaking

All four of our area recovery centers: The Ark House, Clinch Mountain House, O.U.R. House, and Tazewell House sent representatives to Lebanon for a public speaking class on September 10, 2008.

Once again, recovery stories were the main topic of the speeches. Every mental health consumer has a different and unique story to tell.

We were given a series of questions to answer and an outline of a recovery story. Some finished faster and were able to tell their

story and be videotaped.

Sandy H. of the CERC (Consumer Empowerment Recovery Council) and Janie R., Peer Support Specialist both told their stories and helped us tell our stories. Sandy and Janie are both mental health consumers.

Mental illness recovery stories will be videotaped and put on a DVD if the individual speaking signed a video release form. Not everyone wanted to be videotaped but the majority of the consumers attending the public speaking class were alright with

being videotaped. It is inspiring to hear people tell their stories and learn how far they have come from where they started.

By: Linda L.



WRAP Classes

The Ark House is going through our second round of WRAP (Wellness Recovery Action Plan) classes for the members who did not take the classes the first time.

Del E., Peer Support Specialist, is coming from Grundy every Tuesday to meet with us and go over the WRAP material.

A Wellness Recovery Action Plan is important to have if there is ever a mental health crisis. Each consumer writes his or her plan for what they want to happen if a crisis occurs.

Mental health consumers should give a copy of the WRAP plan to a trusted family member, their

case manager, doctor or their recovery center program director in case the plan is ever needed.

Consumers are asked to make a maintenance list and use it daily. Posting it in an accessible place has been good for some.

By: Linda L. & Ada S.

Street Dance

On August 14th, O.U.R. House in Grundy hosted a street dance at their recovery center. It was fun. We had hot dogs and hamburgers.

Their was a talent show



and Jeff R. from Ark House and Donna M. from Tazewell House were the winners.

Three recovery centers brought consumers to the street dance: Ark

House, Tazewell House and of course O.U.R. House.

Del E., was the disc jockey and played a lot of good music for dancing. It was a fun night.

By: Doris L.

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Client Picnic

On Friday, September 12th, 2008, we had a client picnic at Poplar Gap Park in Grundy. All four recovery centers were there: The Ark House, O.U.R. House, Clinch Mountain House, and Tazewell House. We had pork barbeque sandwiches, corn on the cob, coleslaw, a variety of fruit cobblers, cantaloupe and watermelon.

There was a talent show and Jeff R. from The Ark House won. We were all proud of Sam S. who sang by himself for the first time. There was a water balloon fight which left almost everyone soaked. It was a very fun day!

By: Doris L.

Beach Bums

In the Summer, we take a Summer trip. This year we decided to go to Top Sail Beach, NC. We went with the Grundy recovery center.

Recovery center members each had to participate actively in the Ark House, have good attendance, and help with fundraisers. We received stars and needed twenty stars to go on the trip.

Ten people were able to participate on the trip this year. Thanks to everyone!

We left September 26 very early in the morning. The trip took eight hours to get there with frequent stops.

The beach was beautiful! Carter had never seen the ocean. He was amazed.

We rented a beach house directly on the beach.

Monday night Sharon from O.U.R. house made a delicious meal. Although breakfasts and dinners were prepared with staff, the members took turns with clean up.

Tuesday and Thursday we went out to eat and also did some souvenir shopping. Tuesday we ate at Macaroni Grill—a first for everyone!

The weather was great!

Gary and Billy stayed in the water the whole time. Roger had a boogie board taking on the waves. Gary helped Carter and Nicole into the water.

The waves were huge. It was great.

Jeff and Ada went out on the beach

on Thursday. They got some sun and went into the water. Billy, Nicole and Roger even went fishing.

We all got to know each other better outside of the Ark House. Everyone enjoyed the company, lots of good food and had one of the best trips ever.

Nicole C.

