Clinch Mountain Recovery

Chief Editor
Phillip Smith

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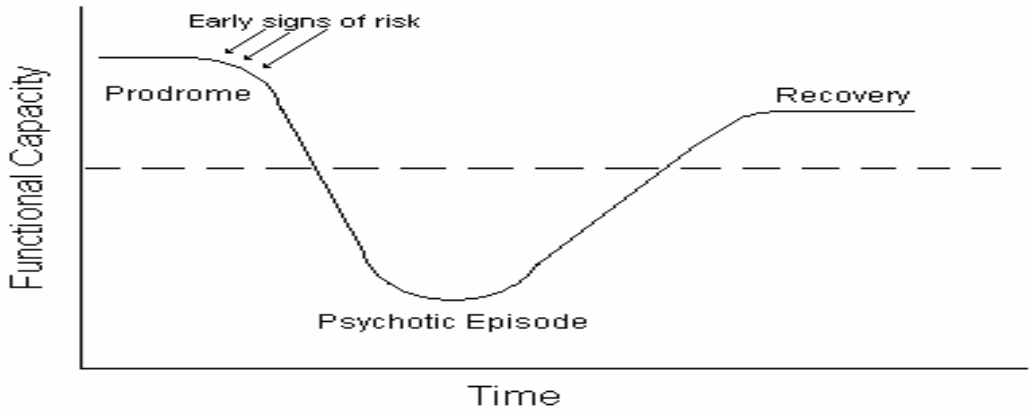
Schizophrenia

Eugen Bleuler (1857-1939) coined the term "Schizophrenia" in 1908.

ICD-10	F20.(http://www.who.int/classifications/apps/icd/icd10online/?gf20.htm+f20)
ICD-9	295 (http://www.icd9data.com/getICD9Code.ashx?icd9=295)
OMIM	181500 (http://www.ncbi.nlm.nih.gov/entrez/dispomim.cgi?Id=181500)
DiseasesDB	11890 (http://www.diseasesdatabase.com/ddb 11890.htm)
MedlinePlus	000928 (http://www.nlm.nih.gov/medlineplus/ency/article/000928.htm)
eMedicine	med/2072(http://www.emedicine.com/med/topic2072.htm) emerg/520(http://www.emedicine.com/emerg/topic520.htm)
MeSH	F03.700.750(http://www.nlm.nih.gov/cgi/mesh/2008/MB_cgi?mode=&term=Schizophrenia&field=entry#TreeF03.700.750)

SCHIZOPHRENIA; from the Greek roots schizein (to split) and phren- (mind), is a psychiatric diagnosis that describes a mental illness characterized by impairments in the perception or expression or reality, most commonly manifesting as auditory hallucinations, paranoid or bizarre delusions or disorganized speech and thinking in the context of significant social or occupational dysfunction. Onset of symptoms typically occurs in young adulthood, with approximately 0.4-0.6% of the population affected. Diagnosis is based on the patient's self-reported experiences and observed behavior. No laboratory test for schizophrenia exists. Studies suggest that genetics, early environment, neurobiology and psychological and social processes are important contributory factors. Current psychiatric research is focused on the role of neurobiology, but a clear organic cause has not been found. Individuals who are at risk for developing a psychotic illness usually experience mental and emotional changes before more serious symptoms develop. These early signs are often non-specific, sometimes, even barely noticeable. The unexpected decline in a person's usual way of functioning or relating to others is the most common indicator of an early sign of risk. This early period is called the "prodromal" period (or Prodrome) by psychiatrists.



RECOVERY

Recovery is a unique process of Changing one's attitude, values, feelings, goals, skills, and /or roles. It is a way of living a satisfying hopeful, and contributing life. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of psychiatric disability. (Bill Anthony)

Recovery is not to become normal. The task is to take up your journey of recovery and to become who you are called to be. (Pat Deegan)

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Birthdays

January

Name	Date
Mary Ann	3rd
Janice B.	6th
Suzanna S.	8th
Vicky J.	10th
Ellen E.	25th
Kevin C.	25th
Lynn N.	26th

February

Name	Date
Nola W.	10th
Elmer W.	25th

WEDDINGS THIS MONTH

Names	*Date*
Ellen & Phillip	***16th***

March

Name	Date
Ricky E.	2nd
Della M.	8th
Jimmie P.	11th
Billy G.	25th

Quote

It doesn't matter who you are and if you have a mental illness you can do anything or be anyone that you want to be.

By : Phillip S.

Poetry by Consumer

Jack The Cat

Jack the cat wore a hat. Jack the cat mostly sat. Jack the cat would hardly spat.
But Jack the cat loved to scratch. Jack the cat was known to all the other cats.
Jack the cat was a real go get her, Because Jack the cat was a tom cat.
Jack the cat did not smell, Because he took a bath often this is what the girls liked.
Jack wasn't like some of his friends but rather he is a one woman cat.
Jack loved his back rubbed and to look in the mirror. Jack fell head over claws in love.
When December came around and so did six little kittens. Four looked like Jack and the other two looked like their mom. So Jack and his family lived happily ever after.

By ; P. James K..

Famous People With A Mental Illness

6 Facts about mental illness

1) 1 out of 5 families are affected by mental illness. About 1 in17 Americans has a mental illness.
2) Mental illnesses are not related to a person's character or intelligence.
3) 4 out of 10 leading causes of disability are mental disorders.
4) Mental illnesses are biologically based brain disorders.
5) The sooner a mentally ill person can be treated, the faster he or she can recover.
6) Stigma erodes confidence that mental disorders are real treatable health conditions.

Clinch Mountain Recovery Manager's Comments

Some Clinch Mountain Staff and members attended the Regional Governor's Budget hearing help at Southwest VA Community College in January. Two Clinch Mountain Recovery members spoke before the Governor's panel and represented our members and community very well. This was a very exciting and new experience and we thank you folks very much. The kitchen unit has so improved in their Food preparation and have prepared exceptional meals and snacks. Thanks to all in that unit. The Clerical unit continues to be productive as they make dividers Cumberland Mountain Community Services files and to make Tele-n-Touch calls to the Senior Citizens in the area who have limited social contacts and are shut in their homes due to health conditions. The Clerical unit has also been teaching and practicing computer skills and sending out mailings for the program. The Maintenance Unit has been extremely busy trying to keep the vans clean on warmer days this winter and to keep off the mud and salt. Folks in the unit have also been focusing on keeping the floors clean throughout the House. We are currently accepting yard sale items to be used as merchandise for our fund raising yard sale as soon as the weather is warmer. The proceeds from our yard sale will go to sponsor our summer trips and to send members to the VAPRA Conference this fall. We also use these funds for educational and leisure activities.

We are very saddened that our part-time advocate, Jimmie Perkins has accepted another job. Jimmie was very active in our program and was a great support person for all of us. We wish her the best and will certainly miss her. Good Luck Jimmie!! We hope to be hiring a new part-time advocate very soon.

We have had a fantastic winter with only closing the program one day due to icy conditions. We truly appreciate our staff members who also drive our vans for deicing vans and making those runs on the

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cold frosty mornings. Our groups these past few months have been Current Mental Health issues. Anxiety Disorders, Anger Management, Self-Esteem, Medication Management, Money Management and Exercise groups. Mary Ann Honaker continues to teach sign language classes at least once a week. We appreciate her very much and hope she will continue to help us with sign language as we often need reviews and have questions for her. This helps us to better communicate with the deaf folks in our program and community. We have also had many trips to the Library to learn about things of interest and have gone to the Cinema to see movies and gone bowling several times. These leisure activities have been very enjoyable and good for us to stay active and learn new things. A special thanks to all those members and staff who have taken the extra steps to make our program so successful . Keep Up the GOOD WORK!!

Rita Slemp

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"Wedding Bells"

Two of Clinch Mountain House members were united in Marriage on February 16th. They were joined by friends and family members. The bride was beautiful with a bouquet of red and white roses in a gorgeous white wedding gown and vale. The groom looked nice in his black suit and bow tie. Congratulations and Best Wishes for long and happy future to Phillip and Ellen.

Clinch Mountain Recovery House celebrated St. Patrick's day with green punch

A cake walk and lots of prizes, Fun and laughter. A group and discussion about the saint was also held earlier that morning. We all enjoyed being Irish for a day and all looked lovely in green.

EASTER

WE had an EASTER Celebration and enjoyed a Wonderful Meal of Ham and the fixings. We talked about Easter's in the past and other memories from childhood days.

Games, fun and socializing was a part of the Celebration and a fun time was had by All.

Jokes By Consumers

1) Who did Mr. Hippi marry? (Mississippi)

2) What did the salad say to the cake? (Are you a fruit cake)

3) What is a jaw full of jaw breakers ?
(A disaster about to happen)

4) Knock! Knock! Who's there? Boo! Boo Who? Why are you crying.

5) What is the littlest pole ? (A tadpole)

6) What is a whole pack of gum ? (A big bubble)

7) What does a ballgame crowd and a bunch of hogs have in common ? (They both root)