


TAZEWELL HOUSE NEWSLETTER

Cumberland Mountain C.S.B.

WELCOME TO OUR NEW STAFF MEMBER

On March 12, 2009, Ms. Kathryn Marie Oder started her first day of work as a Cumberland Mountain C.S.B. staff person. Ms. Oder is originally from Newport News, VA. She graduated from Old Dominion University in Norfolk, VA with a Bachelor of Arts in Communications and a minor in Human Services. Ms Oder worked for an organization as a volunteer in Peru. She is 23 years

old. Her title at Tazewell House is Program Advocate. Kathryn wants “to learn more about working with individuals who have a mental illness and help them in recovery”.

Donna M.



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Special points of interest:

- *NEW STAFF*
- *HIGH HOPES*

Inside this issue:

New staff and members

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NEW MEMBERS

I am a new member and I started last week and I like it so far. Every body has made me feel welcome. I am very glad and thankful for that. I like everybody here for a friend and I like to make new friends. I have been feeling a lot better now that I

have been coming here. I am coming up here to get help with my depression and I know that they can help me with it. I like the staff here they are really great people.

Kelly

I started here last week as a new member. Everyone has made me feel welcome, and I am thankful. Before I came here I was so down and depressed. I lost interest in every thing including daily

living. Coming here has made me feel better. I enjoy the activities of the program. I feel coming here has helped me and will continue to do so. Thanks to the staff and members for the help in my illness. The staff have always taken their time to help, or just be there to listen if I needed to talk. The members have been good to be friends and help each other.

Ernest..

IMPROVEMENT

The change in the weather has everyone sniffing and sneezing. For example, at 3 am on morning I woke up feeling woozy. When I tripped over the side of my bed, I injured my ankle. Working makes a big difference in my attitude and improves my well-being. Reluctantly going to the recovery center wanting to help a little. Didn't get much done that day, I really wanted to sit down in Clerical and

they thought I was just being lazy. I need incentives to come here, so Summer trips remind me to stay in shape for those new activities, I want to thank people for being so understanding. Going shopping gives me a sense of responsibility. Helping bring in supplies for this week looks like housekeeping, and waiting for payday teaches me budget management skills. If I am successful here, maybe some day it

will happen somewhere else. Show me how to be a better person for leaving that attitude at home. We are the only ones who know how to change, but sometimes friends need a helping hand.

Tammy H.

MY STORY BY JEFF H.

My name is Jeffrey H. now I go to the Tazewell House Recovery Center in Tazewell, VA. I came from Clinch Mountain House in Lebanon, VA. It is going to be a big change for me but I think I am going to like it here. I moved from Russell County. I lived in a rest home there. I did not like it there. So I moved to Mother of Christ in

Tazewell VA. I really like it there I made new friends there. One day I found a real pretty young and beautiful woman, her name is Lisa M., I love her so much words cannot tell my true love. We are going to get married on May 9th at 2:00pm and we are going to live at the Mother Of Christ. I can't wait until that day, because I may be

nervous. This will be my first marriage, I always dreamed about getting married but I haven't found the right one until now. We are going to be really happy together. Why Because We Really Love Each Other Very Much!!!!

Jeffery H.

MANIC DEPRESSIVE

Manic depressive is when you have a bad attitude. Here are some episodes of Manic Depression:

- Talking too fast or too much
- Obsessive compulsive behavior

- Needing little sleep
- Being easily distracted
- Motivated
- Goal setting
- Racing thoughts

You may feel emotionally tried but still have a lot of energy. There is

also a side of manic depression that can cause you to be up for a long time .

Tina R.

MENTAL HEALTH AWARENESS DAYS

On April 4, 2009 we here at the Tazewell House Recovery Center attended the Mental Health Awareness Day Walk. We heard a few great speakers and then we walked across the campus of Emory and Henry College. In Emory, VA. Pete Earley was the guest speaker and he spoke about his son who has been diagnosis with a mental

illness. His son had some traits of my illness and I related to his story very well. It helped me in my recovery by letting me know someone else was like me. I learned that if you are in need of extra help, ask for help from your supporters. My heart is in my recovery. We all had fun walking and talking. The program was great!

Cindy G.

UPCOMING EVENT

We here at the Tazewell House are hosting a Mental Health Awareness Seminar at Nuckels Hall, Tazewell Fairgrounds. I am very excited about the seminar. Mr. Everett Franklin will be our main speaker, I can not wait to hear his stories about mental health. We will also have a IN OUR OWN VOICE presentation from our very

own Donna M. and Dale from Grundy, VA. We have a house choir that will be singing some songs and we will be eating good. Hope to see everyone there.

Cindy G.

COMMON CAUSES OF DEPRESSION

Reasons for depression include but not limited to;

Biology– researchers have a lot to learn exactly why people become depressed. Some say it may be due to neurotransmitters that are lacking of the chemicals needed to bring depression to terms.

Psychology– People who have a

pessimistic personality are more likely to become depressed.

Stressful events– during difficult times people become more depressed like the following;

- Losing a family member
- Diagnosed with a serious illness

- Divorce
- Traumatic events

Medications and substances– Many prescriptions drugs cause the symptoms of depression. Alcohol or substance abuse is common in depressed people. It often makes their condition worse.

Cindy G.



ATTITUDE

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, church, a home. The remarkable thing is we have a choice every day regarding the past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our ATTITUDE. I am convinced that life is 10% what happens to me and 90% how I react to it. And so is it with you...

We are in charge of our ATTITUDES!!!

PRIDE

A PRIDE IS THE WORD-FOR A FAMILY OF LIONS. Working in groups makes them more successful. They provide for each other, taking care of needs for the benefit of all their members. I believe that we should share the same feelings for our people, too. There has to be order in everything we do, so if one part is left out the rest of the pro-

ject never gets completed. Protection is maintained for those who can't help themselves, and someday the smallest or weakest might be the head of their tribe.

Be proud of who you are and live up to the heritage that has been passed down through the generations of your history, whoever they may be. Family are ones who love and

care about one another, which means doing the best you can to keep things going smoothly for all those concerned. This community has meant more to me over the years than I could ever imagine. Thanks for your help and concern about my well-being. Working here is the best support system.

Tammy H.
