

## **Tazewell House Has New Director**

**We here at the Tazewell House would like to welcome Christie Bailey as the new program manager. Her education consists of the following: Virginia Highlands College in Abingdon for 2 years, then she went to UVA in Wise for her Bachelors degree in psychology. She enjoys the outdoors, camping, bike riding, 4 wheeler riding and flower gardens. She enjoys being here in the mental health field. Her hopes for the clubhouse are for more recovery to take place, more pier support members and a higher level of recovery for all members.**

## **Welcome to Tazewell House Andre**

We would like to welcome Andre to the Tazewell House. His education consists of 9 credits short of a bachelor's degree, 2 Association Degrees. He has hopes for the clubhouse to flourish, people to excel, more peer support people more active and accretive. He said he is excited to be here.

Brian Y.

## **Welcome to our New Members**

WOW!!! What a first day here in the Tazewell House. Everything is so new to me and I am excited to be here. Time will tell on how well I will be doing. Everyone was so nice and respectful. A new place and people. I felt welcome and wanted here. I learned a lot from the members here and how a schedule would help me in the long run. I hope that I can help others and they can help me in t

the long run. The group was a great help to me. I learned that others have the same or similar problems as I do. We can all work together here at the Tazewell House and learn many things together. Groups are fun and knowledgeable to all members and for the new ones too. Excited is a word I would use to describe my experience here at the Tazewell House. Time will tell if I can do my recovery here. I hope and pray that I will do my best to recover here. I have so much to learn and to give others. Though hard times and good times. This is my goal in life to become a recovery mental health patient.

Cindy.

Oppunity seldom knocks on my door. When it did of few weeks ago it was in the form of an invitation to come and check out the clubhouse. When I finally got to check the clubhouse I was speechless. I signed up as fast as I could. The weekend seemed to last forever. When Monday finally arrived I was very nervous. Would some one remember to pick me up, did I look ok just when I was positive that know one was coming I saw the white van come around the bend to take me to my first day at the clubhouse. I was nervous before but by the time we got to the clubhouse I was terrified I just knew that I had made a terrible mistake in signing up. Life is like a box of chocolate. You never know what you are going to get. That is how it is at the clubhouse. Everyone welcomed me like an old friend. That has been away for a while. My first day was a whirl wind of activities... I was sad to see the day end. But knew I would be back tomorrow. I did feel foolish for being so nervous about my first day. But, that is how I am.

## **WHAT ABOUT WRAP**

My first day at the WRAP class I was very impressed with the class. I found out that I had a lot in common with the teacher. It was good to be a round people with the same illness as me. I look forward to being in the class and getting as much as I can out of the program.  
Brian Y.

My first day at WRAP was good. I think the class will help me to cope with the symptoms and problems in my life.

I am looking forward to the class. I need to get a better outlook on the management of my life. The skills in WRAP will help me as I read the story of someone else in their copping victories.  
Donna

My experience with WRAP program was a new beginning for me. Today was an introduction to the program. Introductions of the people and the instructor were Dale. I was very lucky to meet him. Though my experience today I learned that you can achieve great things though the program. I can not wait until we start on our books.  
Cindy

HERITAGE  
HALL Senior  
Olympics

The opening ceremony started at 10:00 am. The of the game events begin at 10:30 to 12:00.

With included:

- Basketball Challenge
- Ring toss
- Horse Shoes
- Bean Bag Javelin

Lunch was then served from 12:30 to 1:00.

Golden relay from 1:15 to 1:45pm.

Closing ceremonies was at 1:45pm.

The metals went as follows:

- Tammy with 6 gold
- Emmy with 2 gold
- Mary 4 metals 3 gold and 1 silver
- Jessie with 1 silver
- Tyrone with 5 metals 3gold and 2 silver
- Mary Ann 5 metals with 3 gold and 2 silver
- Brian had a total 7 gold metals
- Gary had 5 metals 4 gold and 1 silver
- Dewey with 6 metals 4 gold and 2 silver
- Patty with 5 metals 3 gold and 2 silver
- Marcella with 3 gold
- Penny had 7 metals 5 gold and 2 silver.

We would like to thank the staff, at heritage hall for working well with all the people involved.

Cindy

**BIRTHDAYS**

AUGUST

Frank

September

Mary W. 09-12

Donnie F. 09-03

Lora E. 09-22

*HAPPY  
BIRTHDAY  
TO  
EVERYONE*

**Psychotherapy** is an

[interpersonal](#), [relational](#)

intervention used by

trained psychotherapists to

aid [clients](#) in problems of

living. This usually

includes increasing

individual sense of [well-](#)

[being](#) and reducing

subjective discomforting

experience.

Psychotherapists employ a

range of techniques based

on experiential relationship

building, [dialogue](#),

[communication](#) and

[behavior](#) change and that

are designed to improve the [mental health](#) of a client or patient, or to improve group relationships (such as in a [family](#)). Psychotherapy may be performed by practitioners with a number of different qualifications, including [psychologists](#), [marriage and family therapists](#), [licensed clinical social workers](#), [counselors](#), [psychiatric nurses](#), and [psychiatrists](#).

**PUBLIC SPEAKING WORKSHOP**

I attended the workshop on September 10, 2008. It was very educational in the aspect of learning to speak in the public eyes. I learned that everyone has problems and don't know how to speak about the illness we all have or will encounter. First you need an introduction of your self. Next you need to have at least 3 points of interest. Putting down your own words is a great challenge. This is where you have to explain yourself to others. Then the conclusion is a summary of all your speech contained. I learned that admitting your problems in the public is very difficult.

Cindy

## **TRIBUTE TO MY GRANDMOTHER**

My grandma died on August 30, 2008. She was 98 years old. I miss her very much. Granny was a hard working homemaker. She had both vegetable and flower gardens. She was known for her beautiful flowers. She shared her vegetables with neighbors. She also was a Christian. I took her to church many times. Granny was truly a people person. She will be missed by a lot of people.

Mary W.

## **IN OUR OWN VOICE WORKSHOP**

I attended the workshop training of the National Association for the mentally ill. I was taught a format to telling my recovery story I was pleased to be there and I heard a lot of stories of other people. It helps to know that I am not alone in my struggles with mental illness. At the end of the training, I received a certificate; now, I am a NAMI IOOV presenter. Two other people from Cumberland Mountain Community Services attended. Donna M.

## **CONSUMER PICNIC**

On September 12, 2008 we had our consumer picnic. We were fortunate to have gorgeous weather for this

event. The picnic was held at a Popular Gap Park. We were offered some beautiful views of the surrounding area. We had delicious food which included BBQ pork, baked potatoes, and corn on the cob, coleslaw and peach cobbler. For fun we offered several games that included milk the cow, badminton, water balloon war, and my favorite toilet seat horseshoes. The talent show was a huge success. Our own Donna came in second place. Awards were given for various activities. Several of our members came home with medals. I came away from the picnic with 2 medals myself. The picnic was a real success my thanks to the staff, who made this day special for all of us Eunice R.

## **STAFF APPRECIATION DAY**

On September 5, 2008 we held staff appreciation day. It was a day we treated the staff like royalty. We cooked out that day. The staff really enjoyed a day off. We were able to give each staff member a gift to show our appreciation. I written a letter to staff to express how I felt and when it came time to read it I broke down in tears. Thank you to all of staff who go above and beyond the call of duty for all of us. Eunice R.

## **PROM**

On September 19, 2008 the prom will take place. I have had the privilege to chair the planning committee. This has been a learning

experience for me. I have never been to a prom in my life. I looked at the library for information on planning a prom, but came away empty handed. I ended up going to see my fiancée's niece. She was very helpful as she had recently graduated from college. We spent several hours discussing how a prom is planned. I hope that everybody will enjoy the prom that I have planned I am ready to plan the next prom we have. Eunice R.

## **NIGHT AT THE PROM**

Prom was a great success. There were 2 other houses that joined us, Ark and Our House. We danced to several lines dancing and played some waltzes. We had a great time. It started a 5pm to 8 pm. We all got involved in the dancing and socializing with other members from different houses. The food was great. It all helped with recovery by learning different aspects of coping and patience. Marcella D.

## **FUNDRAISER FOR THE MONTH OF SEPTEMBER**

We at the leadership meeting decided to have a bake sell and hot dog sell. We raised a lot of money on the first day and on the second day was an average day. There were several people that helped plan this event. We would like to thank everyone for their help.