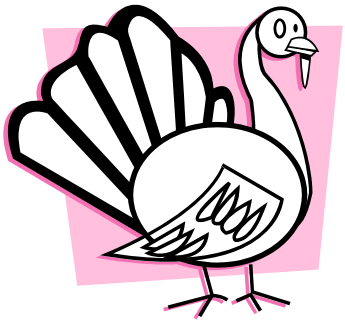
TAZEWELL HOUSE NEWSLETTER

OCTOBER THRU NOVEMBER 2008

A RECOVERY STORY

I started with a mental illness at the age of 19. I lived in Manassas, VA. I was renting a room with a friend. The doctors diagnosed me with depression. I had symptoms like, suicidal thoughts, depression and hearing voices. The first psychiatric hospital I was in was Prince William Hospital. Later on father sent me to Waynesboro, VA. I lived with my boyfriend, Steve. Then I went to Blue Ridge Psychiatric Hospital. I was in and out of the hospital in Charlottesville, VA. The first adult home I was in was Dutch Haven. The owners were from India. The doctors at Blue Ridge diagnosed me with Schizophrenia. Then I moved to Ritenour Rest Home. I ran away a lot. I went to the convenience stores, and sometimes to Pizza Hut. The police came and got me a lot. Mrs. Sheets told me to go to Draper Home. I felt like an inmate there and started hitting people. Lisa sent me to Southwestern State Hospital. I was there for three months. The social worker found me a home. I went to Greystone Manor and lived there for 11 years. The doctors at Marion hospital told me I had schizoaffective disorder and borderline personality disorder. I started hitting people and cussing people out. Helen, the one I hit had to have a brain surgery; I was upset with her because she wouldn't let me go to the GED classes. I went to Clearview Hospital, where I hit the social worker. I felt frustrated because they couldn't find me a home. Clearview transferred me to Southwestern State Hospital.



They changed my medicine. I am on three different medications. I hear voices a lot. **Tina R.**

I hurt my head in a car accident that is my main problem. It made me start having seizures and injured my nervous system. I have been in and out of hospitals for my problems. When I first had the car accident I did not go to the hospital. I was out with my brothers and friends drinking. I went though a lot of pain from getting hurt. I was 19 at the time it happened. My mom stood by me and got me in and out of the mental hospitals and units. After I went to a doctor I see him a while and he wanted me to go to a mental health clinic. Now I am stable and doing well.
Darrell P.

My name is Mary, and I have been going to Tazewell House for 3 years. Recovery Center has taught me a lot of different things, such as cooking skills, cleaning, and computer skills. Also I have become a leader at the Recovery Center. Recovery Center is an excellent support system.
Mary Ann Y.

First, I went insane and the doctor said I was sick in my head. He gave me a lot of medicine. I got sicker. When I felt bad the doctor was not far away. When I got a Higher power I felt real good. Now life is good.
Bernie W.

My disorder is Depression and anxiety. Tazewell Recovery Center has help me learn about what my disorder is and helped me get Out of the house and do more things.

Tazewell House recovery center has helped me in my recovery. It has been wonderful coming here. I am around people that are just like me and accept me for who I am. The outings have helped me to get out in the community again. Tazewell House has also changed my life. I also enjoy the groups that we have. There is always something fun going on. I like to participate in the fundraisers because it gives me a since of worth. I also have a lot of good friends here. I look forward to coming here each day and working on my recovery.
Brian Y.

Tazewell House Recovery Center is a refuge for a variety of people. Understanding and compassion have made us an important part of our surrounding community. Accepting others as what they are helps take the edge off stereotypes which the media has laid on through films and talk shows. Nobody should be judged for their disabilities, but in what contributions they can make to the group effort. Look at the positive side of life and you will certainly find it. Clubhouse brings new meaning to an otherwise boring routine. I wish to thank you for all the things that this has been to me over the last few years.
Tammy H.

ELECTION DAY AT TAZEWELL HOUSE

Wednesday September 24, 2008 we held an election for Vice President and secretary. We had some really great canidates. Several candidates gave awesome speeches. We then voted by secret ballot for our favorite candidate.
I offer my congratulations to our new officers. I know that they will do a great job. Our new Vice president is Cindy G. And our new secretary is Marcella D.
Eunice R.

FAMILY NIGHT

On October 7, 2008 we held family night. This event gave our families a chance to come and see what we do her at the Tazewell House Recovery Center. We had a spaghetti dinner. We were able to give information about mental illness and how they can be able to give us more support at home. My grandmother now has a better understanding of why the Tazewell House is so important to me and my recovery. I would like to thank all the staff and members who made this event successful.
Eunice R.

The family night was a success. Thanks for all the food and friends, family for taken care of my mom. She had a really good time meeting with all the other peoples and their families. They were all real nice. Mom was so happy when she got home and learned more about mental health. I am proud to be apart of the Tazewell House.
Bernie W.

Family night was pleasant. My family saw where I come everyday to the recovery center. They were excited to come. I feel that they understand my life a little better now. They and CMCS have been support for me lately.
Donna M.

We had family night and had a good turn out. I met a lot of people. It was wonderful to see the interest of the families that came. I think that it was a success. I think that it was good for the families to see what we do here at the Recovery Center.
Brian Y.

Family Night

On Tuesday October 7, 2008 we held family night. This event was very special. It gave our families a chance to come and see what a great place the Tazewell House Recovery Center is. Everybody had a wonderful time. My own family walked away from this event with a better understanding of mental illness.
Eunice R.

I enjoyed family night. The dinner was good. We had quite a few people. The punch was good. I think the staff done a wonderful job. Billy and family really enjoyed begin with us.
Mary Ann Y.

I had a real good time at family night. I enjoyed meeting other families and I enjoyed everybody. Everybody was so nice. The dinner was very good. The punch was as well. I really loved the fellowship we had. I enjoyed having my daughter here with me to see where I go. I loved seeing my counselor also. The family get together was great. I was glad to see Wanda and meet good people. The rolls were very good. I took 2 home with me
Lena L.

Pleasant Times

Here we are sitting at the dinning room table looking at all our activities for the next few months. Starting back around Labor Day, things got pretty hectic with parties, dinners, and assorted outings. Last month we had family night and invited friends, staff and co-workers to a spaghetti dinner. I consider the recovery center as my extended family. With the holidays approaching we are much closer together. Everyone had a great time and found it interesting that evening. Only a week until the Haunted House and I'm already worn out from the preparations to this annual event. We have good expectations for this years scare fest. I hope it will be the most successful one ever.
Tammy H.

Outings in October

We went bowling on the 16th of October. We had quite a turn out. We all had a lot of fun doing this. It helped me in my recovery by allowing me to release some of my anger.
This was an anger management tool that I enjoyed very much so. I had less anger when we finished bowling. I hope that everyone else enjoyed this fun activity.
Cindy G.

On October 16th, we went bowling at Fireside Lanes in Richlands. The bowling trip was fun. This had been the first time I have been bowling in years. I had forgotten how much fun it was to bowl. We had a good turn out. It was wonderful to be around the members of the Recovery Center and have fun. This helped in my recovery by

being in public and being around people that understand me and accept me for who I am.
Brian Y.

The outing at Ryan's, Mercer Mall and Wal-Mart helped my depression by getting me out of the house and also it helped me with being around other people. I was able to socialize. I had a relaxing lunch and walked around Wal-Mart with people.
Marcella D.

HAUNTED HOUSE

The haunted house preparations went very smoothly. Decorations were the best I have ever seen. This is my first time working and decorating for the special fundraiser. I hope that everyone enjoyed the Rewards dinner. Some of us are recovering from a scare our self. I believe that everyone had a fun and a scary time.
Cindy G.

The haunted house was a big success. We had a double day on Friday, October 31, 2008, we went to the Grundy House for a party and then we came back to the Tazewell House for the haunted house. We were very busy and had a fun time. This is one of our favorite fundraisers to do. It was a great turn out for the members as well as the community. The members learned to be sociable and responsible for others. I am very proud of the members for putting their differences aside for the haunted house.
Cindy G.

MEMBER OF THE MONTH OF SEPTEMBER

Becoming member of the month was a surprise. I was elected by other members for the month of September. It helped me in my recovery by learning to deal with my problem of anxiety in public. I was much honored to become member of the month. Thank you one and all.
Cindy G.

GROUP FOR OCTOBER

I did my first group on anxiety. It went very well. I felt like I was on cloud 9 doing my first group. I was very nervous and anxious. I let them know that the definition for anxiety, then I told them about the signs and symptoms, treatment, and the story of my own anxiety. Everyone was very attentive to what I had to say. I even had the nursing student on hand if I got into trouble. I answered various questions, which was good for me. It helps me in my recovery, by getting over my fear of public speaking.
Cindy G.

Mental Health Awareness
Bipolar Disorder

Bipolar disorder used to be known as manic depressive disorder or manic depression. It's a serious mental illness, one that can lead to risky behavior, damaged relationships and careers and even suicidal tendencies—if not treated. A person with bipolar disorder has characteristics of extreme mood changes from mania to depression. In the manic phase people have unusual energy levels, some go on bizarre shopping sprees, have racing thoughts, and a state of excitement. On the other hand, in the depressive state people experience low levels of energy, sadness, unable to sleep, and a lack of interest in pleasurable activities. The main treatment for this disorder besides medication is talk therapy. Talk with your doctor if you experience any of these symptoms, it is important to address them.
Cindy G.

BIRTHDAY'S FOR OCTOBER AND NOVEMBER

Tammy H.	October 18
Gabrielle M.	October 27
Jessie R.	October 22
Bernie W.	October 8

No Birthdays for November

HAPPY BIRTHDAY TO ALL

PEER SUPPORT WORKSHOP

We attended a workshop on peer support specialist on Monday the 14th of November. It was a great experience for me.
I learned what a peer support specialist is and what duties they deal with. It helped me make up my mind about becoming a peer support specialist. I think I would the Enjoy that very much. Mary M. was very nice and very

knowledgeable with all of her training. She started out as a consumer and worked her way up in the mental health awareness field. I hope to become a peer specialist soon. There is a 70 hour training class, application, and interview.
Cindy

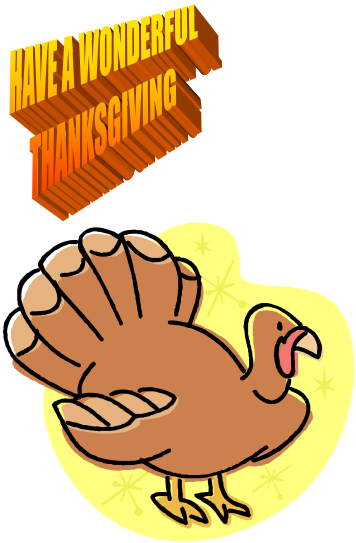
I attended the peer support specialists workshop at Southwest Community College. I was very pleased with the class. There was a lot of good information about it. The workshop went through not only the qualifications but the things that a peer support specialist does. In the future I hope to become a peer support specialists because I want to take what I have learned in my own recovery and help other people as well.
Brian Y.

The Peer Support Specialist workshop was enlightening. I learned that there is a process of learning and training the PSS position. Ms Mcquawn is a consumer herself. She said the PSS does not have to have the answers but has to listen to the consumer. PSS are to see themselves as equals to the consumers and not above them.
Donna M.

VAPRA CONFERENCE

The VAPRA Conference was held in Richmond VA this year. It was a great experience for me, my first time there. I learned a lot about different kinds of illness and how to deal with them on a one on one personal base. I attended several workshops and attended a banquet and dance. They also had a variety show and fashion show which was very nice; I learned a lot about recovery and how to help others with their recovery. I will be doing an article about VAPRA conference in December's newsletter on Mental Health Awareness.
Cindy G.

I attended the VAPRA conference in Richmond; it was a wonderful opportunity to learn more about mental health. The workshops that I attended were very informative. The workshops were "Don't Back Down and Choices in Recovery." The trip was wonderful and a good time was had by all. We also had a fashion and talent show which was good. There was also a banquet and dance. I am going to take what I have learned and apply it to my life as well as share it with other people.
Brian Y.

I attended the 24th Annual conference of the Virginia Psychiatric Rehabilitation Association in Richmond, VA. November 19th thru 20th, 2008. I enjoyed the conference. Workshops were held daily. One theme really interested me: "Just the Basics:" Ruth Moylan spoke that we can be our own motivation to good health and success. We should find within ourselves to encourage ourselves. The speaker suggested speaking and believing positive affirmations about oneself.
Donna M.

I was fortunate to have been able to attend the VAPRA conference in Richmond, VA. My favorite workshop was "Just Back to the Basics"; it is like going back to church. Because I exists on over look on the Recovery plan. There is a book on line Just the Basicis@cox.net. Good orderly direction of the mind and body. It was one of the best topics to see. She made us fell good in our minds; the class is full of feelings.
Bernie W.