

O.U.R. Time Opportunity, Understanding, Renew

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Special Events

- November 16th. & 20th. Thanksgiving Dinner at Lebanon and O.U.R. House
- December 7th. Tazewell's Christmas dinner
- December 13th. Break's Christmas Lights
- December 21st. O.U.R. House Christmas dinner
- January 3rd. 2008 SVCC meeting
- February 14th. ARK House Valentine's Day Dance
- April 12th. Metal Health Walk at E&H College
- May 20th.-22nd. SCA Retreat
- May 29th. CMCS Open House

MY STORY

I would like to share with you a little about my mental illness and my mistake that I have made. I have depression.

At times it was so bad that I would just sit in my closet in the dark and cry. My husband

pleaded with me to get help. I was too ashamed of what people would say.

So I did the worst thing anyone could do. I turned to alcohol for comfort and relief. Alcohol became my best friend.

As time went on it

developed into alcoholism.

Now, I have two problems. I finally reached the end of my rope and decided to face my problems and to get help.

To make a long story short,

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MY OWN STORY

By James

My name is James "Possum" Ray and Feb. 8th marked my 7th month anniversary of attending O.U.R. House.

It really all began

eight years ago this summer when I had to give up my life as a pro student. After dropping out of S.V.C.C. I felt like I had lost passion for

life itself.

With no funds or way to get any real social contact for several years,

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MY STORY

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it was through Cumberland Mountain that made me realize I could control my depression with medication and counseling.

I still struggle with alcohol everyday. I'm trying to overcome my addiction one day at a time.

CHANGES AT O.U.R. HOUSE

In March we bid a fair good-bye to a good friend and staff member, and hello to a new one.

Margaret Blankenship moved to be our new Supportive Living Person. Sandy Osbourne will leave Thangs and join O.U.R. House as our newest advocate.

The Thangs store will be operated by Lora , Linda and Kathy Jackson as tri-

managers.

Another change that happened in the past months. Was that Del Estep went from client to sound manager for the band to peer support specialist.

MY OWN STORY

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I found out my only remaining friend, who hadn't been much of one at that time, was getting married.

I was pointed in the direction of Cumberland Mountain, and I have since found my groove and became a legend once again.

I came here to remedy the

no friends situation and surprisingly enough I found out I had friends already here from my younger days. I am very alive in the activities here as well. Currently, I am attempting to get my driver's license. I think the staff here is more excited about that than I am.

I think O.U.R. House is a perfect opportunity for myself and anyone else who is down and out.

MY EXPERIENCE With The ANTIPSYCHOTIC MEDICINE ZYPREXA

By Roger D.

Some of us with mental illness have heard of or taken a prescribed medication called Zyprexa with olanzapine. About two years ago, I was watching television when I saw a commercial from a law firm which stated that if you have taken the medicine Zyprexa and have been diagnosed with diabetes you can call the number on the screen to file a lawsuit against the maker of Zyprexa.

As stunned as I was, I flushed all of my Zyprexa down the toilet without talking to my doctor first. I believe. I did not let my doctor know until my next appointment with him, which was a terrible mistake with consequences. My doctor found out on the day of my appointment.

My doctor warned me of

disposing my meds without a physician's referral. But reluctantly, he put me on another medication.

He told me he had many patients who had seen the commercial from the law firm, and who had also quit taking Zyprexa.

Dr. Gee of Cumberland Mountain Community Services also informed me that the commercial, although having its possibilities of side effects being true, however, was not completely relevant.

Many of his patients would rather weigh the benefits of Zyprexa over the possible side effects.

Meanwhile, I went on a roller coaster of inpatient care. Hospitalized three times while trying to balance the other medications

and what they could do for me. I was also trying to apply coping skills for my symptoms.

Thankfully ARK House was there for me. I made the decision others had paved the way for. I weighed the benefits of Zyprexa over possible effects. Today with a combination of psychotropic meds, one being Zyprexa, I am doing better.

Inch by inch I am keeping in touch with my case manager and trying to go to Recovery centers. I am now attending O.U.R. House in Buchanan County and I am grateful for all of the help from Mental Health employees. I also thank the clients and members of the recovery center .

Thank you Roger.

2008 Mental Health Walk

On Friday and Saturday April 11th. and 12th. , we went down to Emory & Henry College for the 5th. Annual Southwest Virginia Mental Health Awareness Day.

Friday members of the TACO Band to sang for the evening program.

The speaker was Dr. Penny Frese. The subject of her speech was “Water From the Rock: Coping with Mental Illness in the Family Setting”.

Saturday members from the

clubhouses travel to E&H College for the Mental Health Walk.

We met in the Memorial Chapel for the welcome and a speech by Dr. Fred Frese, who spoke on “Recovery: Myths, Mountains, and Miracles”.

After the speech was the campus walk. As usual the walk was dedicated to the memory of Wally Cline. The walk was from the chapel to King Gym.

After the walk was lunch, followed by music and

skits.

The music was provided by Midnight Riders, The Powerhouse Chorus, and the TACO Chorus.

The Skits were given by members from the different clubhouses.

Afterward awards and prizes were handed out.

Wisdom means keeping a sense of the fallibility of all our views and opinions, and of the uncertainty and instability of the things we most count on.

Gerald Brennan

Wisdom is the principal thing;; therefore get wisdom. And in all your getting, get understanding.

Proverbs 4:7

Remember the three Rs :

Respect for self ;

Respect for other ;

Responsibility for all your actions.

2008 SCA RETREAT

On May 20—22, the SCA sponsored their annual SCA retreat. This year's retreat occurred at UVA at Wise.

Tuesday after registration their was time for recreation, then a dance that evening held in the Rhododendron Room on the fifth floor of Student Center.

The following day the different clubhouses presented their individual workshop.

The first was the T.A.C.O. Band, their workshop concerning recovery through songs. They sang a good selection of songs and some members told their recovery stories. Independence and Opportunity House did a Members Education Presentation workshop, on the history, fact and myths on mental illness.

Ellis Owens of O.U.R. House talk on reflexology and foot care. He did a brief talk on reflexology and how it is performed, he also did a demonstration on foot care. Mountain House presented a workshop on leadership skills.

After that we had a brief break.

Later, Powerhouse and Wytheville did a workshop on the healing and therapeutic benefits of gardening. Participants had the opportunity to pot and take home a plant. Wytheville also did a workshop on fun can be therapeutic. There was also a video "Balancing Act The Musical" that was written and performed by Wambui Bahati.

There was also a meeting by the CERC and the SCA.

That night we had our variety show and awards were handed out afterward.

Friendship House took first place for their spoof of the "The Simpson". Jeff Ratliff picked up second place for his song, and Gloria of Independence House took home third place.

Award for the "Friendliest" clubhouse went to Dickenson Clubhouse The T.A.C.O. Choir's workshop won for "Best Workshop". Wytheville took the "Most Helpful". The "Most Enthusiastic" went to O.U.R. House. After the award ceremony there was a pizza party and bonfire sponsored by Friendship and Clinch Mountain Houses.

Thursday we left for our clubhouses. In all it was a great retreat.

Cumberland Mountain C.S.B.

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Listen to those inner signal that help you make the right choices— no matter what anyone thinks.

When a problem arises, go within. Get very quiet about it. Use it to learn something.

Sometimes things which at the moment may be perceived as obstacles— and actually be obstacles, difficulties, or drawbacks- — can in the long run result in some good end which would not have occurred if it had no been for the obstacle.

Steve Allen



CMCS and O.U.R. HOUSE OPEN HOUSE

On May 29, O.U.R. House Recovery Center held an open house at the Appalachian School of Law.

Food and entertainment was provided by O.U.R. House and the TACO Band.

Henry Smith gave the introduction .

The guest speaker Everett Franklin talked about family

support.

Recovery stories were given by Linda of ARK House and Carol of O.U.R. House.

Del Estep did a slide show of O.U.R. House Recovery Center.

Kathy introduce the keynote speaker Bryan Campbell, who spoke on stigma.

The turn out was not what

was expectated, but hopefully the next open house will have a better turn out.