

The Wellness Shack, Inc.

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www.wellnessshack.org



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HOURS	
SUNDAY	CLOSED
MONDAY	1-6PM
TUESDAY	1-6PM
WEDNESDAY	1-6PM
THURSDAY	1-8PM
FRIDAY	1-6PM
SATURDAY	CLOSED

WELLNESS SHACK DATES TO REMEMBER!!!
 Aug. 1st Peer Specialist Group 6PM
 Aug. 6th Summerfest 10-5PM
 Aug. 16 Board Meeting 4-6PM
 & Full Membership Party 1-6PM
 Aug. 23rd Movie TBD 2-4PM
 Aug. 26th-28th Brat Stand @ Mega East
 Groups are open to everyone.

PROCOVERY 4-5PM	WEDNESDAY
DUAL DIAGNOSIS (DRA) 11:30-12:30PM	THURSDAY
SUPPORT GROUP 6:30-8PM	THURSDAY
OMAR 1 ON 1 1-3:15PM Call the office for an appointment	THURSDAY

The Wellness Shack needs YOU!
 Here's your chance to get involved! The Wellness Shack is a consumer run organization, meaning that it is run by the very members who comprise it. The Board of Directors acts as a supervising body over the Groups, Programs and Activities that we offer. **BUT DID YOU KNOW?** The people on the Board make decisions based on the input from several different committees.

Would you like to be on a committee? Some of the Committees that advise the Board Members are: The Program Committee; The Personnel Committee; The Fundraising Committee, and; The Finance Committee. The Wellness Shack is an ever evolving organization with great potential to reach and help many people in their journey of recovery. Please consider visiting us sometime. Become involved. **WE NEED YOUR CREATIVITY AND IDEAS!** Please join us at our Full Membership Party on Tuesday, August 16th from 1:00pm until 6:00pm.

Volunteers Needed

- ◆ Participate in fund-raising events
- ◆ Share your experience
- ◆ Be a friend and mentor
- ◆ Be on the board and help make decisions
- ◆ Give back to the community by helping other people with mental illness
- ◆ Volunteer at the office
- ◆ Help write newsletters
- ◆ Facilitate a group



What is DRA?

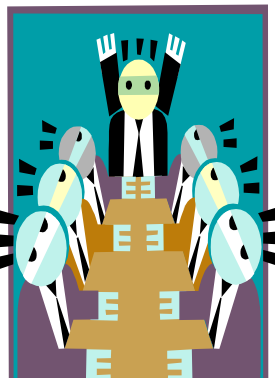
Dual Recovery Anonymous is an independent, non-profit, self-help organization. Its goal is to help men and women who experience a dual illness. Members of DRA are affected by two *no-fault* conditions: We are chemically dependent, and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives: physically, psychologically, socially and spiritually.

The Primary purpose of DRA is to help one another achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience dual disorders. DRA has 2 requirements for membership: a desire to stop using alcohol and other intoxicating drugs, and a desire to manage our emotional and psychiatric illness in a healthy and constructive way.

We do this by learning and practicing a 12 step program that is similar to AA's twelve steps. DRA is not associated with AA or any other self help program, institution, or religion. DRA has no opinion on matters of diagnosis, treatment, medications, or other issues related to the health-care professions. Our personal recovery programs are designed by each of us with the help of others who have been where we are.

DRA groups are supported by the DRA Central Service Office located in Prairie Village, Kansas. They offer guidelines, suggestions, and resources to enhance the effectiveness of independent DRA groups like ours. You can visit them online at draonline.org.

**We all are alike you know
Though our struggles may be a little different
You struggle here
I struggle there
But, we all have struggles somewhere
Eventhough, life is tough there are great victories
everywhere.
By: Lisa**



Congratulations to our
new Executive Board
members:
Treasurer, Bob S.
Secretary, Angela F.

Trauma-Informed Care

The Wellness Shack and Rosebud and Friends co-sponsored a trauma informed care seminar on June 29th. Thank you to Joann Stephens of Stable Life, Inc. for giving the seminar. We would like to send a big thank you to the Center for Independent Living for graciously allowing us to use their conference room for the seminar. Donations were given from Kwik Trip, Mega Foods and Walmart.

According to SAMHSA's National Center for Trauma-Informed Care (NCTIC), "trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. It is agreed upon in the mental health field that most consumers of mental health services are trauma survivors. Trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives.

NCTIC facilitates the adoption of trauma-informed environments in the delivery of a broad range of services including mental health, substance use, housing, vocational or employment support, domestic violence and victim assistance, and peer support. In all of these environments, NCTIC seeks to change the paradigm from one that asks, what's wrong with you? to one that asks, what has happened to you?"

Please visit <http://www.samhsa.gov/nctic/> for more information.