

The Wellness Shack, Inc.

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SAMSHA Components of Mental Health 1-5

Self-Direction: Consumers lead, control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to achieve a self-determined life. By definition, the recovery process must be self-directed by the individual, who defines his or her own life goals and designs a unique path towards those goals.

Individualized and Person-Centered: There are multiple pathways to recovery based on an individual's unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural background in all of its diverse representations. Individuals also identify recovery as being an ongoing journey and an end result as well as an overall paradigm for achieving wellness and optimal mental health.

Empowerment: Consumers have the authority to choose from a range of options and to participate in all decisions—including the allocation of resources—that will affect their lives, and are educated and supported in so doing. They have the ability to join with other consumers to collectively and effectively speak for themselves about their needs, wants, desires, and aspirations. Through empowerment, an individual gains control of his or her own destiny and influences the organizational and societal structures in his or her life.

Holistic: Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health and healthcare treatment and services, complementary and naturalistic services, addictions treatment, spirituality, creativity, social networks, community participation, and family supports as determined by the person. Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for consumer access to these supports.

Non-Linear: Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience. Recovery begins with an initial stage of awareness in which a person recognizes that positive change is possible.

WELLNESS SHACK DATES TO REMEMBER!!!

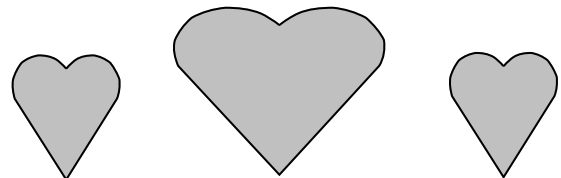
ANXIETY & DEPRESSION	MONDAY 4-5:30PM
BIPOLAR GROUP	TUESDAY 2:00 3:30PM
PROCOVERY	WEDNESDAY 4-5PM
GENERAL SUPPORT GROUP	THURSDAY 1:30-3:00PM
DUAL RECOVERY ANONYMOUS	FRIDAY 4-5PM

HOURS

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

This awareness enables the consumer to move on to fully engage in the work of recovery.

Happy Valentine's Day!!!



The Wellness Shack Peer Support Program

During the year of 2015, TWS served 261 members with total number of visits at 4,234!

Our 21 Volunteers provided 2,321 hours of service!

We would like to extend a big thank you to all of our Volunteers for their dedication in making TWS successful!

2016 will be another exciting year, as our Volunteers and employees carry out our Peer Support Program funded by United Way of the Greater Chippewa Valley, State of WI, Mayo Health System and Dr.

Weggel, as well as our Marketing Program funded by the Eau Claire Community Foundation!

In 2016 TWS also plans to purchase new furniture to replace some of our badly worn items, funded by The Domer Foundation and many of our members personal donations!

We would like to extend a big Thank You to all of these funding sources, as well as Bethlehem Lutheran Church and Big Elk Creek Lutheran Church Women Congregation 14402!

2012-2016—TWS Growth

Over the last four years, I've seen many changes at The Wellness Shack. When I first started working as Office Manager, I was the only employee! TWS had only 51 members and three support groups. Now, TWS has 4 employees, 261 members and five support groups, as well as a support group at Positive Avenues. Community collaborations have increased, as we have developed closer relationships with Mayo Health System, Lutheran Social Services and Disability Rights Wisconsin. We now have two Peer Support Specialists available to assist our members in achieving their personal goals, or just to lend an ear when needed. Because of our continued growth, we will be needing more volunteers to help out on our committees. Be sure to check our calendar for committee meetings if you would like to join a committee and get involved.

We are hopeful for positive changes to keep happening here at TWS, with possible expansion of our service area within the next few years, as well as adding SMART Recovery to our support groups. If you haven't stopped in for awhile, please do, we'd like to see you!

Bonnie Perrenoud, Office Manager

~Volunteer Training March 11~

Volunteer Training will be held **March 11, 2-4pm**. This training is required of all new volunteers, volunteers that have not previously attended and strongly recommended for all board members. Please join us and learn how you can volunteer today!

Eric Hipple—Former NFL Quarterback—Feb 3 at UWEC

Eric Hipple, former NFL Quarterback, has dedicated his life to building awareness and breaking down the stigma surrounding depressive illnesses since his 15 year old son's suicide. His book "Real Men do Cry" received a publisher presidential award, and his message of resilience has provided mental fitness awareness to professional groups, military, law enforcement, schools and communities. On **Wednesday, February 3 at 7:30pm**, Eric will be speaking at UWEC. Eric is an engaging, fun speaker who delivers a powerful and positive message. Please come! Tickets on sale now! Only \$8 for general public. Follow link below for ticket information.

<http://www.uwec.edu/Activities/programs/forum/erichipple.htm>