

December 2023

Dacotah Recovery Center Newsletter

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Tips for Living Well with a Mental Health Condition

Having a mental health condition can make it a struggle to work, keep up with school, stick to a regular schedule, have healthy relationships, socialize, maintain hygiene, and more.

However, with early and consistent treatment—often a combination of medication and psychotherapy—it is possible to manage these conditions, overcome challenges, and lead a meaningful, productive life.

Today, there are new tools, evidence-based treatments, and social support systems that help people feel better and pursue their goals. Some of these tips, tools and strategies include:

ing medication without a doctor's guidance. Work with a doctor to safely adjust doses or medication if needed to continue a treatment plan.

portant part of long-term management, even if you also see a psychiatrist.

Education can also help your loved ones be more supportive and compassionate.

eat healthy and exercise; and get enough sleep.

In times of crisis or rough spells, reach out to them for support and help.

stress easier.

health. Consistently poor sleep is associated with anxiety, depression, and other mental

NORTH POLE

Reindeer Game

Match Clues To Correct Reindeer Names; Use Each Name Twice.

1. — This reindeer also loves Valentine's Day
2. — During football he rushes the quarterback
3. — This reindeer is ill-tempered or quarrelsome
4. — Steps in a lively and showy manner
5. — This reindeer loves to clean out the tub
6. — This reindeer moves his body rhythmically
7. — Santa's fastest reindeer
8. — Known as Santa's 9th reindeer
9. — Reindeer wouldn't be caught dead on CA pass
10. — Loves to kick up his heels to music
11. — His military background serves him well when an all-out attack is required
12. — He plays mean tricks on the other reindeer
13. — Loves to strut his stuff on his hind legs
14. — Lights up reindeer's path in bad weather
15. — Loves to play match maker
16. — This reindeer is out of this world
17. — During off-season he excels in track and field
18. — Reindeer's name means "thunder" in German

- A. Blitzen
- B. Vixen
- C. Comet
- D. Rudolph
- E. Cupid
- F. Donner
- G. Dancer
- H. Prancer
- I. Dasher

TOTAL _____



What is a support system?

A support system is a group of people who provide you with support when you need it most. This can be mental, emotional, and or practical, such as with finances, childcare, etc. They are also there when things are going well to sustain you and keep you going.

Having people to support you does *not* make you weak! Having a strong social support network actually makes you more capable of problem solving on your own and being resilient because a support system nurtures your autonomy, confidence, and self-esteem.

Why is it important to have a support system?

Strained social relationships and reduced social support during the past few years of pandemic living have made coping with stress more difficult. Loneliness has been associated with a wide variety of health problems including high blood pressure, diminished immunity, cardiovascular disease, and cognitive decline. In fact, low levels of social support have even been linked to increased risk of death from cardiovascular disease, infectious diseases, and cancer.

Support systems are shown to reduce stress, physical health problems, and improve emotional wellbeing, life satisfaction, self-esteem, and resiliency. Remember that you are the most important member of your support system While building a support system of other people is vital for our wellbeing, how you support yourself is also important. Practicing self-care, building a strong set of coping mechanisms, and setting boundaries are all ways to support yourself.

How do I build a mental health support system?

If you've taken stock of your support system and you've decided it can use a little maintenance and growth, here are some things you can try: Think about what you want from your support system. Consider your expectations from a support system. Do you need a more supportive professional network? Do you need a collection of friends who are there when you need them? Do you need to talk to a healthcare professional about your mental health? Friends are important and so is family, but not everyone has a supportive family and those are only two buckets of people. Casting a wider net means that, depending on your needs, there a higher likelihood of you knowing someone who would have the skills and capacity to support you. The more varied your resources, the better. So often, people wait for others to reach out and then feel hurt and rejected when no one does. It's scary, but letting people know they are in your support system and letting them know how they

Make an effort to nurture your support system. So often, people wait for others to reach out and then feel hurt and rejected when no one does. It's scary, but letting people know they are in your support system and letting them know how they can support you will set them up for success and make them more likely to be able to support you in the ways that you need. And be there for others in return; studies have shown that providing social support to others may be even more beneficial than receiving it.

Where are some places where I can find people for my support system?

Again, friends, family, and coworkers are all obvious individuals who could be in our support network, but there are plenty of places to look to build your thriving network. Strengthen your existing relationships. Are there people you know who you would like to know better? Start reaching out and strengthening these relationships. Even if they aren't local to you, you can set up virtual connections. Try to make reaching out a habit, such as setting aside a certain hour a week that you'll use to nurture your network, in order to make it easier to sustain.

Find others who share similar interests. Whether you like rock climbing or relaxing at the park, there are other people who share your interests. Sharing passions is an excellent way to find folks who can support you and who you can support right back. It can be scary to meet new people, but remember: if you're nervous, so are they.

Things like exercise classes are relatively low barrier-to-entry, local book clubs are a great way to meet like-minded bookworms, neighbors in your building or neighborhood might enjoy the same local shops or activities as you, and volunteering can match you up with people who support the same causes or have the same values as you.

Come to the **Dacotah Recovery Center (DRC)**. What is that you may ask? DRC is a place committed to serving area adults with mental illness in either acquiring or rebuilding social skills and providing educational classes necessary for successful inclusion in the community while continuing your recovery journey. The recovery center is committed to delivering recovery based services that promote feelings of self-worth, self-respect, independence, choice, and hope to people with mental health challenges, enabling them to live meaningful lives in the communities of their choice while striving to achieve their full potential. We offer peer support services, recovery education groups, guest speakers, conferences and social/recreational programming both in and out of the center. Thus fostering recovery skills, de-

veloping support networks, improving daily living skills, and social interaction skills, and developing and engaging in recreational outlets. What a great way to find and engage with people to start building your support system!



Peer Support Hub

Peer Support Groups should provide a safe nonjudgmental space to share experiences; reduce feelings of loneliness and isolation; encourages taking control of ones own recovery and well being; and helps build a support system and coping skills box. DRC Peer Support Group Times:

Monday's :

2pm: **Peer Support:** Check in's, sharing experiences and discussing our recovery journey.

Wednesday's:

2:30pm **Women's Support Group**– Women 18 years and older wanting to share their lived experiences, create a support network and working on recovery skills and so much more. Come be a part!

Thursday's:

Dec. 14th and 28th @1pm Men's Group– Men's group is a member led group, sharing lived experiences, resources, and building a support network between men.

Friday:

December 1st is **All Members Round Table** and Lunch– Members meeting to discuss upcoming events, making decisions on next months activities etc.

Please provide any other suggestions for peer support groups. We would like to assist in specializing further groups . Let Heather or Roberta know.

Fun at the DRC

SPEAKER December 20th @
11am

Arkos Health is a Population Health Management company that partners with health plans to assist with the care management of their populations. Currently, Arkos Health is partnered with BCBSND, and is working with their Medicaid Expansion and Medicare

Christmas Party and Ugly

December 22nd Come join us for our Christmas party. WE will be dispursing the Angel Tree gifts , providing food and fun activities! Please sign up!

December 2nd, Members Meeting and Birthday Bash

Final vote on DRC hours for 2024. Please come and have your voices heard!

CHRISTMAS BAKING

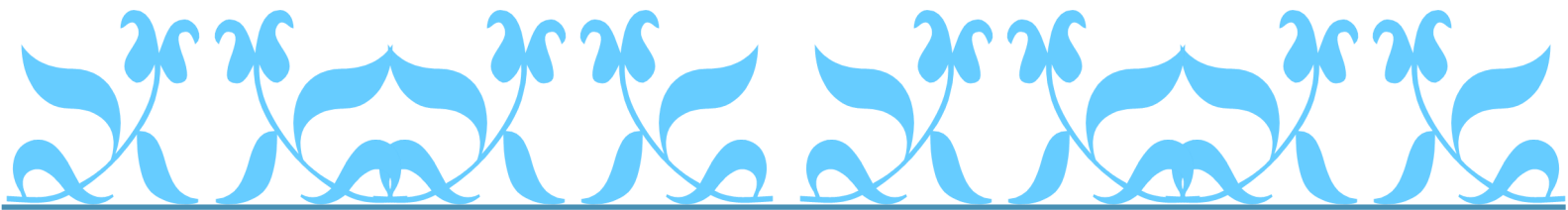
Come join us on December 15th for Christmas Baking!! Share a recipe!

OUT TO EAT

December 6th, DRC is heading to the China Star for Lunch. Please sign up!

December 29th, we will be hosting a New Years Party. Potluck Day! More games and fun for everyone!





ALL MEMBERS ROUND TABLE

Member's meeting will be held on November 3rd, 2023 starting with lunch at 12pm and meeting to follow. Topics will be:

- A. DRC Hours for the New Year.
- B. Advisory Board to handle further grievances.
- C. Approve the new member Grievance form.
- D. Activities, Educational Topics and Peer Support
- E. Other Business

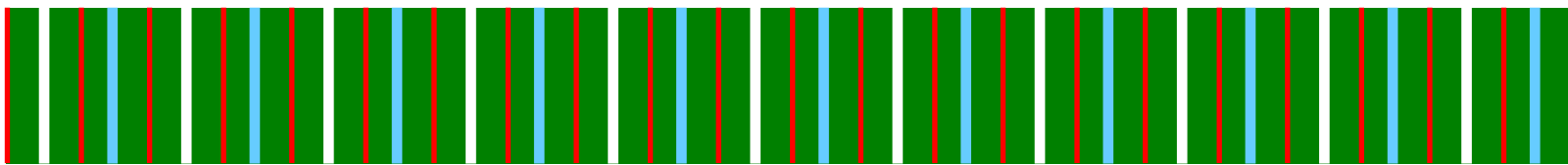


Please come out to vote! Remember as a member it is not only your right to vote, it is one of the responsibilities as a member. Be your own advocate!



Christmas Party Details

The DRC will be hosting a Christmas Party on December 22nd until 3pm. We will be having an ugly sweater contest, (homemade or bought), food and fun. Any suggestions about food are welcome! Anyone wanting to assist in cooking are also welcome!



Thursday's at 1pm we will be starting Individual Mental Illness and Recovery Group. This group will be educational in nature and discussed several different mental illnesses. Please come and join us! We will be hosting this downstairs at the DRC each week. Topics are listed on the activity calendar.



Membership Corner

Member Meetings are held monthly where all members are encouraged to help assist in researching any areas of interest that are generated at the meeting, reviewing policies and procedures, and is a vehicle to bring concerns and issues to discuss. All meetings are documented, including a compilation of members comments and votes. Documentation is maintained by the Recovery Center and is open for review.

Hours of Operation for 2024

On November 3rd the members provided suggestions for DRC hours in 2024. Many members would like to see the center open on the weekends, later evenings some nights. The director has put a few options together to meet the needs of many of the suggestions. The director has sent it to Doreen and Hannah for review. December 2nd will be the final vote! If you can't make it on that Friday, please utilize the suggestion box, or call and talk with Roberta or Heather regarding the

Closing and Holidays

For the safety of our members, the DRC will be closed during inclement weather and when no public transportation is available. If the DRC will be closed due to inclement weather, notifications will be given via KFYZ TV news or under the cancelations on the KFYZ Website. You may also check the Dacotah Recovery Center Facebook page where it will also be posted. If you do not have access to the above notifications and you question if the DRC will be closed, please call 255-

The DRC will be closed on December 25th and January 1st to observe the holidays.

