



Dacotah Recovery Center Newsletter

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Bismarck, ND 58504

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September 2024 Issue

Hours @ DRC

Monday-Friday: 8a-4p

Main: 701-255-6402

Member: 701-255-7846



National Recovery Awareness Month

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

The Dacotah Recovery Center (DRC) 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.

Our membership has almost reach 200 strong this year. What does it take to be a member? Eligibility guidelines state you must be 18 years and older, self identify with a behavioral health concern. But a member is so much more than that; members have a responsibility to participate in the maintenance, upkeep, planning, programming and implementation of services; as well as being active participants in their own recovery. Each member member's participation makes a difference in the success of the program.

At the DRC we provide recovery education and peer support groups. We also provide the ability for our members to have a safe environment to socialize with others who are active in their own recovery. Our activity calendar is filled with learning, support and most of all fun activities! Come see Roberta our Recovery Coordinator/ Peer Support during Recovery Awareness Month to learn more about how you to can join our recovery family.

Harvest Rhyme Time

Write the rhyming word from the list below next to the word it rhymes with.

Happy Harvest!

flock
wool
cluck
neck
factor

carry
drought
cable
branch
blade
buy

reap
yield
neigh
meat
crow
fox

chop
swine
kale
cow
stake
plain

fresh
caw
seed
dig
tiller
pickle

sow
spread
barnyard
maple
farmhouse

hay _____

bul _____

grain _____

crop _____

dairy _____

feed _____

field _____

bale _____

plow _____

ox _____

miller _____

rake _____

space _____

sickle _____

sow _____

sheep _____

sprout _____

rye _____

farnyard _____

wheat _____

cowshed _____

staple _____

truck _____

livestock _____

tractor _____

thresh _____

pig _____

ranch _____

vine _____

stable _____

straw _____

peck _____

hoe _____

henhouse _____

THE ARTS TO MAKE YOU FEEL BETTER.....



Art therapy is a way of using art to heal, express, and understand oneself and one's emotions.

Art therapy activities for anxiety

Safe Place Collage

Offer scrapbook paper with plastic sheets, scissors, glue, tape, various magazines, and markers to your client.

Discuss the value of referencing an actual picture when we use positive imagery to manage anxiety.

Tell your client to create two collages using images from the magazines that they find pleasant..

Allow 20-30 minutes for the activity.

Then, ask questions regarding the usefulness of their collages: What's calming about these pictures? How does your mood change when you think about them? How can they help you overcome anxiety?

Encourage your client to keep the two collages they made in separate locations for easy access, like their nightstand or a desk drawer.

Mindfulness art therapy activities to cope with anxiety

Beading

Give your client various beads and charms, elastic cord, tacky glue, and a small tray to work in.

Explain how beading helps us focus on the present as we select which beads to use, string them, and count them. Instruct clients to make a bracelet, necklace, keychains, or whatever item they would like.

Let them know that they can run their fingers over the beads when they feel anxious to calm down.

Guide your client in making at least two items using the materials provided.

Afterwards, ask your client the following questions: What made you choose those beads or charms? How did you feel while completing this activity? How helpful would it be for you to do this on your own at home?





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:

8:30a Peer Support: Check in's, sharing experiences and discussing our recovery journey.

Wednesday's

2pm Talking Circle with Roberta

Friday's:

11am Peer Support: Check in's, sharing experiences and discussing our recovery journey

September 6th: All Members Round Table Members meeting to discuss upcoming events, making decisions on next months activities etc. September birthday celebration to follow.

Peer support happens informally all day every day here at the Recovery Center. It can happen during morning coffee at the table, playing cards, or individually.

IF there is a peer support group you are interested in and would be willing to lead, please let us know. Peer to Peer Groups are great!

Keep watching for additional options to seek support! Virtual options will be available very soon....

Fun at DRC

**Member's Meeting is on
September 6th @11am. Be
part of the conversation!**

September 4th, Northland Health Center is sponsoring Together We Recover, Substance Use Awareness Event at Sertoma Park from 4p-7p. If you or someone you know has been impacted by Substance Use this is an event for you. Please contact Heather if interested in attending.

Foosball Tournament

September 13th we will be having a foosball tournament. Trent (our Dacotah Foundation Van Driver) will be here to challenge our members! He says he can't be beat!! Start practicing DRC Members!!! This is a challenge!

NDSU Student Nursing Is Back!

September 3rd, 10th and 17th Nursing Students will be at the DRC to provide education to our members.

Have a topic you want to discuss please let Roberta or Heather know.

ND Behavioral Health Conference is September 16-19th.

We are watching virtually again this year. If you are interested in attending also, please let Roberta or Heather know. More information to come about the speakers....