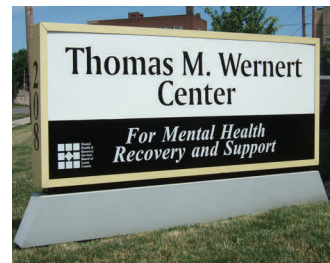




Encounters

& New Horizons

Editions



TOLEDO COMMUNITY FOUNDATION AWARDS GRANT TO WERNERT CENTER *To Fund Diabetes Prevention & Wellness Series*

By Kelly Skinner

All of us at the Wernert Center were thrilled to learn we received a grant from the Board of Trustees of Toledo Community Foundation for \$4,295. Payment of this grant is being made from The Mental Health Association of Lucas County CARE Fund for a *Diabetes Prevention & Wellness Series*.

The Toledo Community Foundation grant will be used to host a series of free 1-2 hour sessions, tentatively scheduled to begin in March 2012. The sessions are intended not only for current members of the Wernert Center but also for our peers who receive mental health services and haven't yet attended the Wernert Center. Individuals who have been diagnosed with pre-diabetes, diabetes, are at high risk to develop diabetes, or anyone that is genuinely interested in prevention and wellness are encouraged to participate. A dietician from Harbor Symmetry Wellness will be the facilitator of the sessions.

Topics of importance for effective diabetes management, according to M.M. Funnell & L.B. Haas (*Diabetes Care*, pg. 18, 1995), and the proposed topics for the sessions include: an overview of diabetes, weight control, living with diabetes and serious mental illness, use of social supports, nutrition, exercise and activity, medications, self-monitoring of and improving blood glucose and how to use results, how nutrition, exercise and medications affect blood glucose levels, preventing, detecting and treating complications like foot, skin and dental care, tools for behavior change, setting goals, and decreasing risk factors. Also, participants will be introduced to wellness activities; such as going swimming and having yoga instruction at the Wernert Center.

One day while I was discussing submitting this grant request with members at the Wernert Center, 10 out of 30 members or 33% self-disclosed that they had a diagnosis of diabetes. Prior to this discussion members had been requesting a "Diabetes Group", to acquire education for self management of diabetes.

In the grant request I referenced Dr. Joseph Parks. As a result of his studies, he believes that 3 out of 5 early deaths from those of us living with mental illness are preventable. He cites problems like the weight gain we experience from the medications we take for our mental illness, lack of exercise, smoking, and poor nutrition as factors that lead to diabetes and heart disease.

With this grant award, the Toledo Community Foundation demonstrates their support for the Wernert Center's efforts to improve the overall health and well being of our members. Keith Burwell, President, Toledo Community Foundation stated, "As individuals with serious and persistent mental illness have a greater likelihood of developing diabetes, the introduction of the Diabetes and Prevention Wellness Series is both timely and valuable. Ultimately, the program is anticipated to do more than educate; it is anticipated to help people lead healthier lives."

Toledo Community Foundation, Inc. is a public charitable organization created by citizens of our community to enrich the quality of life for individuals and families in our area. In existence since 1973, the Foundation has more than 500 funds with assets of approximately \$140 million. The Foundation provides philanthropic services for individuals, families, businesses and corporations to meet their charitable giving needs. For more information on the Foundation, visit their website at www.toledocf.org or follow them on Facebook.



Toledo
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Thank you Toledo Community Foundation for this great opportunity. Why not start the new year off right? To sign up for sessions or for more information contact Katie Phillips, PEP Coordinator, at 419.242.3000 x 103. Get healthy, stay healthy!



Monitoring & maintaining blood sugar levels will be discussed in *Diabetes Prevention & Wellness Series*.

Take a Stand against Bullying by Julie Foley & Katie Phillips

Here at the Wernert Center, we have been observing that some members are bullying other members. When we have discussed it with individuals, they often say they do not know what bullying means. For those who bully others, it is a power and control method of getting what they want or belittling others to make themselves feel better. Bullying has been in the news a great deal lately as some teen-agers have committed suicide due to bullying, especially cyber/over the Internet bullying.

We are concerned about this issue at the Wernert Center, so we are placing this information in the newsletter to let those who demonstrate bullying behavior that it will not be tolerated and to let members know when they are being bullied and what to do about it.

What is Bullying?

A person is bullied when he or she is exposed once, or repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself. This definition includes three important components:

- Bullying is aggressive or disrespectful behavior that involves unwanted, negative actions.
- Bullying can involve a pattern of behavior repeated over time.
- Bullying involves an imbalance of power or strength.

Do you have any examples of bullying? Bullying can take many forms:

- Verbal bullying including derogatory comments and bad names to a person's face or behind their back
- Bullying through social exclusion or isolation
- Physical bullying such as hitting, kicking, shoving, and spitting
- Bullying through lies and false rumors.
- Having money or other things taken or damaged by people who bully
- The person bullying continually asks for money or other objects (e.i. cigarettes, bus or pop money)
- Being threatened or being forced to do things by persons who bully
- Racial bullying
- Sexual bullying
- Cyber bullying (via cell phone or internet)



Did you know gossiping about others' is a form of bullying?

What would happen to an environment that has issues with bullying where no action is being taken to stop the bullying? The whole climate of the environment is affected.

- The environment develops feelings of fear and disrespect.
- People have difficulty learning.
- People feel insecure.
- People dislike being in that place.
- People perceive that staff have little control and do not care about them.

What to Do When Someone is Being Bullied?

- Take a stand and do not join in. Do not stand around watching someone being bullied. If you feel safe, tell the person to stop. Make it clear that you do not support what is going on.
- Walk away. If you walk away and don't join in, you have taken their audience and power away.
- Policies and laws may apply to you. Federal, state and local law may also offer you protection if the bullying has risen to a certain level. Many schools, colleges, and places of work have policies against bullying or other related behaviors. Reach out to representatives in your community to find out more about what assistance is available to you.



People who are bullied feel sadness, anger, fear, and disrespected. If you are being bullied, tell someone right away.

What if someone tells you that you are acting like a bully? Continued**Take a Step Back**

- Put yourself in their shoes. You may think you are just joking around, but others may feel hurt by your behavior.
- If it seems like you are hurting other people's feelings, stop.
- Ask them how they feel.

Make it Right

- Apologize. Saying "I'm sorry" goes a long way.
- Resolve to do better. Although you cannot change what has happened, you can change how you treat others in the future.

Ask for Help

- Speak with friends or family members. They may have good ideas about what you can do to change how you treat others.
- Talk to a professional. Asking for help from a counselor or health professional may be helpful. Sometimes it is good to talk with someone who is not personally involved to help you find solutions.

If you feel like you are being bullied at the Wernert Center, please notify staff/paid peers so that we can assist you. If bullying goes unreported, we can't stop it.

The Wernert Center addresses bullying behavior by members as described in the *Guidelines for Members Restriction and Suspension*; **for the 1st time there will be a verbal warning which will be recorded, the 2nd time Up to a 30 day suspension and for a 3rd time one to twelve month (12 month) suspension.** We take bullying very seriously, not only for those being bullied, but also to help those with bullying behaviors change this undesired and unacceptable behavior to move towards healthier social engagement at the Wernert Center. We are all here because we are in recovery and all of us have the right to feel safe in our environment. Let's all start the new year off right by treating each other with kindness and respect.

Sources

1. "**What is Bullying**" at <http://olweus.org/public/bullying.page>
2. "**Take a Stand Against Bullying**" at http://www.stopbullying.gov/young_adults/bully/index.html

Katie's Korner

By Katie Phillips

Hi Friends! It's a happy new year for us in the Peer Enrichment Program (PEP). We have graduated 6 Wellness Management and Recovery (WMR) students, 6 students from Leadership training, and 6 students from Peer Support. Maxine Pruiett, Henry Hartford and I would like to say thanks to all of our students for a wonderful experience of learning and growing with them. The requests to enroll in our BRIDGES class is very high right now; so call right away since that class will begin Wednesday, January 11, 2012 from 1-3p and will graduate on March 14, 2011. The next WMR, which will be facilitated by Stacey Stubblefield and Maxine Pruiett, will start on Thursday, January 19, 2012, from 1-3p and will graduate on April 5, 2012.

Here's what one our WMR graduates said about the class, "This class has really helped me stay out of the hospital." That student also had perfect attendance—what commitment to her recovery! Come and join the learning and fun we share together. Please stop by my office any time or call me at 419-242-3000 ext. 103 for more information and to sign up for the class of your choice.

The Women's Peer Support Club (Women's Club) has been working very hard lately on personal growth and to celebrate we went to the Manor House in Wildwood Park. The Manor House was built by the Stranahan's family of Toledo and each year the rooms are decorated for the holidays in different themes by area groups. Also, the Women's Club will be celebrating our recovery accomplishments at our 4th Annual Women In Recovery Day on Monday, January 23, 2012 at 1:00pm. We welcome bringing your ideas for future topics to the Women's Club. I hope to see you soon; in the Women's Club, as well as in some classes, too!



From left to right: Kyle and Troya enjoying the decorations at the Manor House. Ho! Ho! Ho!



From left to right: Kyle, Evie, Nancy, Tammy, Bonnie & Kathy

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THE MISSION

“To improve the quality of life for persons living with mental illness through peer-driven and focused programs which address recovery through education, peer support and advocacy.”

VALUE STATEMENT

The Thomas M. Wernert Center is dedicated to fostering growth in our members living with mental health challenges through peer support and by enhancing recovery with opportunities for education and socialization within a safe, welcoming and diverse atmosphere of trust and mutual respect that leads to a meaningful life.

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Thomas M. Wernert Center Membership Application

YES! I want to become a member of the Thomas M. Wernert Center *For Mental Health Recovery and Support*, a certified peer operated service center whose programs and services are consistent with the Ohio Department of Mental Health's *Best Practices in Mental Health Recovery*.

- Receiver of Mental Health Services- \$5
- Provider- \$10
- Family- \$15
- Patron- \$25
- Sponsor- \$50
- Honorary- \$100
- Advocate- \$250
- Organization- \$500

In Honor of _____ \$ _____

In Memory of _____ \$ _____

I give permission to have my name recognized as a supporter in the *Encounters* newsletter

I would like to placed on the Wernert Center mailing list to receive the *Encounters* newsletter

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Send Payment to : Thomas M. Wernert Center
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