

THOMAS M. WERNERT CENTER

TMWC Member Recognized for Peer Support Work

Congratulations to Thomas M. Wernert Center (TMWC) Member, Lucy Dias, who was presented with the 2024 Peer Involvement of the Year Award at the 10th Annual Mental Health & Recovery Services Board of Lucas County Recognition Ceremony. Held on May 1, this event honors community heroes for their hard work and dedication to being mental health advocates.

“Lucy exemplifies the idea of peer support,” says Patti Robb, TMWC Executive Director. “She is somebody who has engaged in the whole process of recovery.” Since becoming a member at TMWC, Lucy has been very active in a variety of programs including expressive arts, different support groups,

peer education classes, and outreach efforts. Earlier this year she was also elected to the TMWC Board of Trustees.

“When new members join the center, Lucy is very welcoming. People are drawn to her because she is so open and friendly. As a peer, she is not afraid to share what she has been through and how she is working on her personal recovery,” Patti explains.

At the ceremony, Lucy explained in her acceptance speech how she got to where she is today. “When I was first diagnosed with mental illness, I carried a very heavy stigma. I was embarrassed and ashamed, and I did not want to be judged, so I kept it a secret from my friends and family.



Since then, I have come a long way,” she says. “I credit my time at the Wernert Center for helping me overcome my stigma against mental illness.”

Peer support from staff and members helped Lucy embrace recovery and change her outlook on mental illness. Lucy claims that the friends she has made at TMWC empower her to advocate for others struggling with their mental health.

“Every time I look at this award, I will see what a better, healthier person I have become,” says Lucy.



Congratulations, Lucy!

This award is well deserved. All of us at TMWC are extremely proud of you.

Journal Club at TMWC

What happens when the TMWC Expressive Art Coordinator and Activities Specialist team up and get creative? A Journal Club happens, that's what.

"We're really excited about this new venture," says Maddie, TMWC activities specialist. "Journaling is a great way to capture memories of daily life and a really useful tool for mental health wellbeing."

Journal Club meets twice a month with one meeting that focuses on using prompts, literature, and personal words, and the second meeting uses various art techniques

to inspire members to fill their pages. "The variety in club meetings encourages members to express themselves without limits," says Alyssa, TMWC Expressive Arts Coordinator.

"There is no 'right way' to journal," she adds. "That is the beauty of journaling. It can be private or you can choose to share it with friends and family. You can use art, words, pictures, or anything you want to express your feelings, remember special or tough moments, or write elaborate fairytales. It's up to you."



Be sure to check the monthly calendar for dates and times for Journal Club.



June is PRIDE Month!

Pride Month is a time for the LGBTQ+ community to come together and celebrate living authentically.

Thomas M. Wernert Center is hopeful that those struggling with their identity or living in unsupportive environments find resources and support systems helpful to living a life of well-being.

If safe to do so, being your authentic self is one of the best ways to protect your well-being. LGBTQ+ individuals who feel supported in being their most true selves have better mental health outcomes. Every single person who belongs to the LGBTQ+ community deserves to live affirmed, safe, supported, joyful, and mentally healthy lives.

Thomas M. Wernert Center is proud to offer our Safe Zone support group for LGBTQ+ and Allies! Participate in PRIDE activities all month long. Safe Zone is held every Friday at 1:00 p.m. at TMWC.

RECOVERING TOGETHER



TMWC's Health & Resource Fair featured more than 25 local resource vendors and was attended by around 150 people!



The 11th Annual Celebrity Wait Night at Zia's presented by Heart & Soul was a great success. Thank you for supporting TMWC and NOPH!



The 2024 Thomas M. Wernert Center Board of Trustees members.



Congratulations to the latest group of graduates from Wellness Recovery Action Plan (WRAP) class!



THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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MISSION

To improve the quality of life for persons living with mental illness by offering hope and peer-driven programs that address recovery through education, advocacy and peer support.

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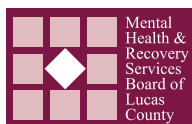
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Join the Thomas M. Wernert Center

If you, or someone you know, is interested in becoming a member of Thomas M. Wernert Center (TMWC), please contact Stacey at **419-242-3000, ext. 105** for more information.

Please note that TMWC is not a clinical agency. Peer support relationships are different from clinical relationships in that they are based on mutual sharing of lived experience with mental illness.

Individuals can become an active member who participates in the many programs, services, and activities we offer if they meet the following criteria:

- ☒ You must be 18 years of age or older.
- ☒ You must live in Lucas County, Ohio.
- ☒ Have a diagnosed mental illness or are receiving mental health services.
- ☒ Be ready to begin or expand your recovery journey.