

# The Breeze

# Peerless!

***Ryan Wellness Center's Peer Support Specialists bring lived experience and unique insights to their work helping MHP clients . . .***

So, you've taken the courageous steps to get help and have seen a doctor, started your prescribed medications, and met for the first time with your therapist or case manager. Now, something has come up and you feel you need to talk to someone and get some support - but your next appointment is still a week away. You could call the crisis line, but it doesn't really feel like an emergency, just more of an "urgent care" situation. What should you do?

One option is to talk to a Peer Support Specialist (PSS). A PSS is a person who has walked the path of recovery from mental illness and is employed to assist others in their journeys of recovery. Peers promote hope through positive self-disclosure, demonstrating that recovery is possible. They provide role models of self-care and the effective use of recovery skills. Their experience and knowledge helps others in managing day-to-day life, not only with the illness but also with the social and human service systems, assisting the clients they serve from a strengths-focused perspective.

Utilizing peers with shared experiences to deliver services is empowering, and research demonstrates its effectiveness. Mental Health Partners has employed Peer Support Specialists since 2005. At the Ryan Wellness Center, Peer Support Specialists (see below) have open hours daily and are also available by appointment to assist with case management needs, provide brief supportive counseling, or direct you to additional resources within the agency or wider community.

***Meet your Ryan Wellness Center Peer Support Specialists!***



Leane Vasquez



Victor King



Maggie Grinnell

On the Town With the RWC Social Club!

# CELESTIAL SEASONINGS™

Thursday, November 8th  
Leaving RWC at 1:00 pm



Free! Sign up starts 10/31!

# Bowling

Tuesday, November 13th  
Leaving RWC at 3:00 pm



\$1 first game  
\$2 addl. games

Sign up starts 11/7!

## FORNEY MUSEUM OF TRANSPORTATION

Saturday, November 17th  
Leaving RWC at 3:00 pm



Cost is \$5 - Sign up starts 11/7!

## Butterfly Pavilion

Tuesday, November 27th  
Leaving RWC at 2:00 pm



Cost is \$3 - Sign up starts 11/19!



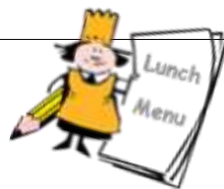
# A CHRISTMAS STORY

Dinner and a play at Boulder Dinner Theater  
Thursday, Dec 13th from 5pm to 11pm  
See Cameron for details


 Cost is \$10

Referral and orientation required for all new participants on Social Club outings  
For more info, contact Cameron Smith (casmith@mhpcolorado.org)


# November 2018



# Chinook Cafe

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Lunch Served 11:30 am - 1:00 pm</b>	<b>Menu subject to change</b>	<b>Vegetarian Options Available</b>		1 Chicken or Eggplant Parmesan	2 Pulled Pork Sandwich	3
4	5 Loaded Baked Potato & Soup	6 Taco Salad	7 Breakfast for Lunch	8 Pasta Vongole	9 Hotdogs	10
11	12 Swedish Meatballs & Pasta	13 Chicken Enchilada Casserole	14 Pizza	15 Caribbean Shrimp & Rice	16 Sausage & Pepper Grinder	17
18	19 Beef or Mushroom Stroganoff	20 Thanksgiving Dinner	21 Beef Chili & Corn Bread	22 CLOSED	23 CLOSED	24  Happy Thanksgiving
25	26 French Dip	27 Chicken & Channa Masala	28 Pizza	29 Butternut Risotto	30 Burger	

**Safe Harbor**  
Nondenominational  
Spirituality Group



**Monday, November 12th  
10:45 am**

**Holiday Art Fair**


December 5th  
11am - 2pm  
Colorado Rooms  
at Ryan Wellness Center




*For more info or to reserve a table,  
contact James Huffman at  
720-854-8527*

**RWC Computer Lab**

- *Twelve computers available for your use*
- *Computer support and instruction*
- *Print, copy, fax, and scanning services*



**Open Monday - Friday  
8:30 am - 4:00 pm  
RWC 1st Floor East**

Mental Health Partners  
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www.mhpcolorado.org



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***The Breeze* is a publication for clients, staff and friends of the Ryan Wellness Center,  
and is designed and printed at the RWC Computer Lab.  
For more info, contact Bruce Levy at 303-545-0835 (blevy@mhpcolorado.org)**

May ***The Breeze*** be always at your back!