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!

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

*Free! Sign up starts 10/31!*

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

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

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

*$1 first game
$2 addl. games
Sign up starts 11/7!*

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

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

**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

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<th>Sun</th>
<th>Mon</th>
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<tbody>
<tr>
<td>Lunch Served 11:30 am - 1:00 pm</td>
<td>Menu subject to change</td>
<td>Vegetarian Options Available</td>
<td>1 Chicken or Eggplant Parmesan</td>
<td>2 Pulled Pork Sandwich</td>
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<td>Loaded Baked Potato &amp; Soup</td>
<td>Taco Salad</td>
<td>Breakfast for Lunch</td>
<td>Pasta Vongole</td>
<td>Hotdogs</td>
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<tr>
<td>Swedish Meatballs &amp; Pasta</td>
<td>Chicken Enchilada Casserole</td>
<td>Pizza</td>
<td>Caribbean Shrimp &amp; Rice</td>
<td>Sausage &amp; Pepper Grinder</td>
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<tr>
<td>Beef or Mushroom Stroganoff</td>
<td>Thanksgiving Dinner</td>
<td>Beef Chili &amp; Corn Bread</td>
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<tr>
<td>French Dip</td>
<td>Chicken &amp; Channa Masala</td>
<td>Pizza</td>
<td>Butternut Risotto</td>
<td>Burger</td>
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Menu subject to change 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

Safe Harbor Nondenominational Spirituality Group

Monday, November 12th 10:45 am

RWC Computer Lab

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

Holiday Art Fair

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

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