

## T&SR Times

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WINTER 2019

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## T&SR TIMES—WINTER 2019 EDITION

### Another Recovery Story

*As T&SR participants feel comfortable, we will continue to share their phenomenal recovery stories.*

First of all, recovery is not easy. It is NEVER easy. Some people never recover. I did, thanks to good solid friends and a very dedicated therapist. My recovery has been remarkable. What a difference a year makes!

In my case, issues were not addressed for 21 years. Because issues weren't addressed, changes couldn't occur. I used to have an uncaring overall attitude because of my autism. It expands my horizons.

What I've learned is the ability to see different sides, aka other people's point of view. I had what was known as a "gun mouth." My words could be dangerous. My recovery is such that I am more aware of my surroundings.

Finally, back then, I didn't know what I didn't know. What does that mean? Simple. If no one tells you, you don't know. My recovery is such that I know how to act, what to do at what time and what not to do. What I want you to take away from this is simple: if I can get whatever troubles that were effecting me over with, then you can too. ~Anonymous participant

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#### The Light at the End of the Tunnel

My mother had depression in the early years of my life and my father was an anger-filled man. But later my mother was very loving and wonderful and my father, one of my best friends.

I had two very bad cars. Both had trouble starting but, later, I won a car. It was charmed.

I was an anger-filled teenager and young man. But now, I never get angry with people and rarely with situations. I was selfish and self-centered, had low self-esteem, depression and untreated schizophrenia—a loser. But my symptoms are treated with drugs.

I became a pharmacist in spite of poor concentration and confusion spells. I learned to control these. I gave much to charity and supported my sister. My sister was jealous of me as a child, even pushing me head-down a flight of stairs. But, we get along fine and later I had another sister who loves me unconditionally. The moral: There is always light at the end of the tunnel. Believe this and it will happen. ~Carl

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# Our Decisions, 2019

*Upon entering the New Year, participants and staff discussed the tradition of setting resolutions and goals. We discussed one of the problems with setting a resolution or a goal: the feeling of failure if the goal is not achieved. We have chosen, instead, to call them "Our Decisions." This way, if we don't meet our goal, we know it's because we have decided not to. Thus, there is less self-blame and less self-defeating feelings. When we call it a decision, we can choose to change that decision or start it again when we are ready. Below are some of our participant's decisions, why these decisions are important and how to make them happen.*

Decisions for 2019: Let go of the past, focus on the present, be more mindful, move into my own apartment, make logical decisions on where to move, save \$50 a month, don't run away, don't jump from the 'frying pan into the fire', start culinary school at CCAC in August. How? By calling OVR counselor regarding school, worry less and focus on the things I love, distract myself by crocheting and doing other mindful stuff. Why? To get me moving and motivated to be making more friends, to worry less and focus more on the things I love, to get my own space, to learn independence, to be as carefree as a butterfly. ~Anonymous

Decisions for 2019: I plan to save more money. How? I will start small by saving \$20 monthly. Why? I will save money because it is nice to have some money on hand, in case you need it for something important.~Anonymous

Decisions for 2019: I am deciding to save more money. How? I am deciding to do it by watching what I spend and setting up a budget. ~Kai

Decisions 2019: I would like to exercise to lose cholesterol and body fat. I will to apply to an art school. I will buy a computer and continue practicing. I will have my own apartment. How? I will practice my art. I will get a service coordinator to help me. I will go back to Curves twice a week. Why? So I can improve my mind so I can learn. ~Elaine

Decisions 2019: I will lose weight and expand my coin and record collection. How? I am going to stop drinking pop and eating snacks. I will walk and exercise. I will get it into my mind to do it 3 or more times a week. I will pay my bills and keep extra money for my hobbies. I vow not to use a credit card for these. Why? I have too much fat on me. I want to get healthier physically. And everyone should have hobbies to make life interesting. ~Carl

Decisions for 2019: I am deciding to try to have less anxiety and worry less. How? I will try to be positive every day. I will stop comparing myself to others and will tell myself that everything will be okay. Why? Worrying and anxiety are a constant battle for me, which causes me to not be present and enjoy the moments I have in front of me. I would like to have less anxiety and worry less because I would like to enjoy my life now and not think about the future. When I think about the future, it causes me to worry and it's a waste of my time. I know there is nothing I can do about the future because it is out of my control. I hope these decisions will be a positive impact for the New Year and the rest of 2019.~Anonymous

Decisions 2019: I am deciding to let go of the past in 2019. I am also choosing to be grateful for what I have. I will forgive others and myself. How? I will write down all the people and situations I need to let go of. I will write in detail the person or

situation and why I need to let go of it, what holding on to it is doing to me and the benefits of letting go. I will document all of these and make two copies. One will be kept to remind myself of what my decision is and one copy will be destroyed to symbolize letting go and destroying the past. I will also write down all that I am grateful for and keep this list handy as a reminder. I will write who I need to forgive and why, including myself. I will also keep a copy of this and destroy one. I will use positive self-talk when needed. Why? To remind myself that I can have peace of mind and heart, contentment of mind and heart and gratitude of mind and heart. ~Anonymous

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## **New Feature! Participant Interview!**

*Beginning with this one, every issue of the T&SR Times will include a T&SR participant interview, as we believe it's important for our readers to get to know our talented folks! Special thanks to our first "guinea pig".....I mean interviewee!*

Name: Craig

Astrology sign: Libra

What is your opinion of astrology? I believe in it.

Where did you grow up? Pittsburgh

What is your ideal vacation? Going to Disney World

What famous person, past or present, would you invite to dinner? Bruce Willis because he is a good actor.

If you could have lunch with anyone, who would it be? Ben Roethlisberger

What does freedom mean to you? Leaving my house and doing what I want to do.

If you were a tree, what kind of tree would you be and why? An oak tree, as they make good furniture.

Where do you see yourself in five years? In my own apartment.

What is your favorite color? Green

How would you describe this color? Sharp

What type of parade would you throw at T&SR, if you could? A cigarette smoking parade.

What do you like about T&SR? I like how the staff help me.

What would your ideal last meal be? Steak

Which animal would make the best type of president and why? A zebra, because you don't see them that often.

Describe your life using a movie, television or song title: The Price is Right because it's funny to watch people win.

What would your autobiography be called? "What Not To Do."

What would the name of your debut album be? "Do You Wanna?"

If you could start any business, what would it be? A hair salon .

What are you passionate about? Exploring

What are your strengths? Patience and a good sense of humor.

What do you want out of life? To live comfortably.

If you were ice cream, what flavor would you be? Mint chocolate chip.

What are you grateful for? Having a place to stay; a roof over my head.

How would a friend describe you? That I am outgoing

What are you most proud of? Learning about my medications

What is your favorite hobby? Coloring in adult coloring books.

What is your best coping strategy? Having patience

What is the greatest lesson you've ever learned? "If you do a crime, do it by yourself."

What would you tell the teenage version of yourself? "Stay in school."

## **Training and Social Rehabilitation**

*Provides social rehabilitation to adults with mental health diagnoses. Consumers participate in a shared community that builds self-esteem, confidence, appropriate social skills and supports in each other. We foster independence through group activities and community activities and events.*

### **Some Current Activities (Subject to change depending on participant needs)**

- Groups on topics such as stress management, self esteem, anger management and other important topics.
- Arts and crafts, current events, music and pop culture.
- Writing classes
- Computer learning
- Fun games and activities
- Outings
- Cooking groups

### **Criteria for Admission**

- Must be eighteen years of age or legally emancipated.
- Have a mental health diagnoses on the most current DSM classification and a complete psychiatric evaluation dated within one year.
- A registered client of Chartiers Center or an active participant in other psychiatric services.
- Demonstrate a willingness to voluntarily participate in the program and adhere to all Agency policies/procedures.
- Must be free from the need for medical treatment requiring specialized care.
- In need of improved knowledge of symptoms and/or social skills.
- Free from behavior that would pose a danger to self or others.

**For more information, contact: Amy Randal, Social Rehabilitation Coordinator.**

**[arandal@chartierscenter.org](mailto:arandal@chartierscenter.org)**

**412-561-3390**

*Recovery, Respect, Renewal*

**WE ARE  
T&SR!!**