

T&SR Times

Chartiers Training and Social Rehabilitation

February was National Haiku Month!

What is a haiku? A Japanese poem of seventeen syllables, in three lines of five, seven, and five, traditionally evoking images of the natural world. Check out ours!

I don't like winter
Especially when it's cold
I'd rather be warm
~Kai

Spring is on its way
I love spring and the
sunshine
The birds are chirping
~Elaine

The sun heats the sand
A cool breeze blows ore
the sea
Seagulls call each other
~SLN

Radioactive
Toxic waste is good for
you
Become a mutant
~Dan

Perseverance Day!

February 27 was National Perseverance Day! Check out our stories of how we persevered!

Getting Through Life

I was told to never raise my expectations. I could never go to CCAC. I proved OVR wrong. I graduated twice with two degrees.

I have been so depressed lately because my mom had a heart attack, I physically got hurt badly

and could not get out of bed. As much as depression goes, I hate doing nothing and I can't help my mom. Now I can't stop thinking about death. But talking to my mom, therapy and going back to group helped! B.A.H.

I was so nervous about coming to T&SR and leaving my house that it took me a year or more to finally get here. Now, no matter how anxious I am, I

still go every day, persistently.

~Anonymous

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I got up and made my bed and went to group. I did not want to sleep all day in bed. Sometimes I don't feel like getting up but I make myself get up because I would be depressed all day. So I will get up and move around and do things to get to my goals.

~L.B.

Perseverance Day!

A short time ago, I struggled with alcohol and drugs. I was very selfish, self-centered and hurt myself and other people around me. I constantly lied to my dad to get money and used it to party. I hung out with fair-weathered friends who only showed up for partying. I got help. There was a glimmer of hope. I remember this time last year: I got out of

rehab and was sitting at my dad's and was thinking about partying again. I forced myself to not go back to the party world and live a better life. I decided to go through the steps of AA. Some steps were scary to go through like Step 9. I asked God to take away those fears of making amends. God didn't take the fear away completely but I went through it to trust in Him. I

plan on doing that for the rest of my life.

~J.P.

(Step 9 of AA is: Made direct amends to such people wherever possible, except when to do so would injure them or others.)

More on Perseverance Day!

I show perseverance by getting up and going to T&SR four a week, even though I just want to stay in bed most days. I do it because I know I will feel better and get more done if I do. I often have to remind myself that the bed will be there when I return home. I also have to fight the urge to hit the "snooze" button better. But it is worth the effort. I

enjoy T&SE and it is good for me.

~S.L.N.

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I felt so low that I felt emotional as well as physical pain. It was hard to get out of bed and get through the overall day. I dropped out of high school due to these struggles for two years. I gradually felt better and, in spite of

being low, I wanted to graduate. So, I pushed through the pain, went back to school and got straight A's. It was the best decision I've made in a dark time.

~Dan

While in college, I became very ill. I had to withdraw from most of my classes' right before finals. One teacher strongly recommended I that the final even though I was ill. She said I would forget all I've learned. Although I

was sick, I took the final. I passed the class with a D. Who needs to know oceanography anyway?

I withdrew from all other classes and had to take the next semester off. I couldn't function. However, 8 months later I

went back to school, even though I still wasn't myself. I ended up sick again, but only took one week off to get better. I kept taking classes. 5 and a half years after I started college, I graduated.

~Amy

## Write Down Your Story Day!

***March 14 was National Write Down Your Story day! The participants of T&SR have the best stories about their resilience and we cannot share them enough!***

I went to ACID when I quit regular school because I had a learning disability and flunked everything. I went to a special school where there was 100 students, It was six students per teacher. I got along with everyone

and I also got B's and C's when I graduated. My OVR case worker told me not to make high expectations because I have a learning disability. In the new school I was on the newspaper. I felt so good about myself. John, the OVR counselor, also told me I could never go to college. I proved him wrong. I went to CCAC and got a diploma in child care. He said I'd never make it. I told him I would because I graduated and I worked

with kids. I was there for five years.

~Beth

## Write Down Your Story Day!

I decided to go to community college to take what amounted to the first year at Pitt, which was more expensive. Unfortunately, I hung out with friends too much, leading me to get so behind that I had to drop courses and take them over. Also, a sort of bad thing happened. I got schizophrenia, which was untreated. It went into remission after three months. Then I had three months of depression. My

school record was a mess, with some courses taken three times. With schizophrenia, I walked out of English and didn't go back. The teacher gave me an F. I resolved to get straight A's. I did and turned the mess into an Associate's Degree in Biology. This was one factor that helped me get into Pitt's pharmacy school, where only 100 applicants out of 650 applicants were accepted. So in spite of

taking four years in what was supposed to be one year, I became one of the chosen and got my degree. Also, I applied to 20 hospitals to find a job, but when I wanted to give up, a job in Clarion Hospital was found.

~Carl

## Write Down Your Story, continued

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I suppose that you could say I overcame adversity in that I finished graduate school despite my mental health problems. I had support from professors and the University's disabled student services. Still, I could only handle a

modest course load and had to withdraw from courses or take incompletes just to survive. But I did it. I have a MLIS—a Masters in Library and Information Science.

~S.L.N.

When I was 15, all of my teachers agreed that I was too much trouble. So I was sent to at-home cyber school. I enjoyed having my own computer handed to me. School work, not so much. So I slept through two years of zero academic achievement. Then I found an

alternative school where the students liked me and the teachers thought I was a nice young man. I went on to get straight A's and actually behave and apply myself. I graduated high school a year late, but graduated nonetheless. Rock and roll.

~Dan

My Life Is Great Right Now!  
It's because of staying sober, finding a spiritual life through the 12 steps and staying busy every day. I graduated from IOP and only missed a few days to invest in my recovery. I also found a job that has a purpose in my life—helping other people with certain troubles in their life. When I have a

commitment on a certain day, I get up, dress up and show up. This is all thanks to a power greater than myself, support groups and Alcoholics Anonymous. I'm grateful for good days and bad. Life isn't always going to be good. Bad days are a good teacher to do better and get through the fear. I used to have anxiety about public speaking. I've gone through some

public speaking in AA. My first time was so scary. I talked about it with my sponsor and thought I would need an anxiety med. He said just get through it without tem and try to pray and trust in God. I listened to my sponsor and I'm glad I did. It was a life lesson I needed because I needed to trust in God...The trick is to get through the fear no matter how stressed I am about it. ~J.P.

***A special thanks to the  
T&SR participants who  
wrote for the newsletter.  
And an even bigger  
thanks to all who read it!***

***Don't forget our Sarris  
Candy fundraiser is still  
going on. You can order  
while socially distancing  
yourself!***

**Go to  
[www.sarriscandiesfundr  
aising.com](http://www.sarriscandiesfundraising.com)**

***Out group number is  
10-3417. Any questions,  
ask Amy!***

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Contact Us!!!

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We're on the Web!

See us at:  
[chartierscenter.org](http://chartierscenter.org)

**HAPPY FIRST DAY OF  
SPRING!!!!**

***About T&SR***

*T&SR provides social  
rehabilitation to adults with  
mental health challenges.  
Clients participate in a  
shared community setting  
that builds self-esteem  
and confidence and*

*fosters independence  
through group activities  
and community activities  
and events.*

*For more information, call  
Amy Randal, Social*

*Rehabilitation  
Coordinator.*