

# WELLNESS GAZETTE

A glass of water with a lemon slice and a straw, set against a blue background. The glass is filled with water and has a lemon slice floating on the surface. A white straw with a green stripe is inserted into the glass. The background is a solid blue color.

Sashay to  
SUMMER 2019  
June • July • Aug

*Recovery Is Possible Together*  
by Eryn A

From The Executive Director & Program Director

Hearing Voices by Laura H

The Painter poem by Chris M

Ken's Home and Kitchen by Ken J

Strike Out Stigma at Baltimore Orioles game

# WELLNESS GAZETTE

Summer 2019 - June • July • Aug

## From The Directors' Desks

Volume 2, Issue 2



### Special points of interest:

- **Welcome back to another edition of Wellness Gazette.**
- **Fall 2019 marks our 20th Year Anniversary! Follow us on Facebook at [facebook.com/HeartsAndEars](https://facebook.com/HeartsAndEars) to stay in the know.**

Hearts and Ears had a fun summer and we are looking forward to an exciting fall. We started out with a trip to Ocean City for the On Our Own conference. We enjoyed a great day with Instruments of Hearing and attended an Anti-Stigma day

at the Orioles! Our members have been creating art to exhibit during our 20th anniversary celebration and open house! The big day will be October 11th which also happens to be national coming out day! We will have some new groups starting

over the next two months. One will focus on anxiety (and coping skills) and the DBSA group will be starting up in October. This is an exciting time of the year with events coming up and looking ahead to the holidays!

## Recovery Is Possible Together by Eryn A

46.6 million. That is the number of adults aged 18 or older had any mental illness in the past year. 11.2 million adults had a serious mental illness in the past year. 1 in 3 adults who had serious thoughts about suicide made suicide plans. 1.4 million adults who had serious thoughts about suicide made a suicide attempt. 3.2 million adolescents aged 12 to 17 and 4.4 million young adults aged 18 to 25 had a major depressive episode in the past year.

2.3 million adolescents aged 12 to 17 used alcohol for the first time in the past year. Among high school students, current e-cigarette use increased by 78% (from 11.7% to 20.8%), during 2017–2018. Among middle school students, current e-cigarette use increased by 48% (from 3.3% to 4.9%), during 2017–2018. 85% of high-school seniors say that it is fairly easy or very easy to gain access to

alcohol. 769,000 adolescents aged 12 to 17 misused opioids in the past year.

Among adults, 11.4 million people misused opioids in 2017, including 11.1 million people who misused prescription pain relievers 886,000 people who used heroin according to a 2017 study. Over 72,000 United States residents died of a drug overdose in 2017. 5.1 million young adults aged 18 to 25 had a substance use disorder in the past year. 46.8% of the 5.1 million young adults with a substance use disorder had any mental illness in the past year. 19.7 million adults experienced a substance use disorder in the past year. 45.6% of the 19.7 million adults with a past year substance use disorder had any mental illness in the past year.

Take a good hard look at the numbers. If you are not con-

cerned about the behavioral health crisis, you should be.

This September is National Recovery Month. National Recovery Month (Recovery Month) increases awareness and understanding of mental and substance use disorders and encourages individuals in need of treatment and recovery services to seek help. The 2019 Recovery Month theme, "Join the Voices for Recovery: Together We Are Stronger," emphasizes the need to share resources and build networks across the country to support the many paths to recovery. Recovery Month celebrates individuals living their lives in recovery and recognizes the dedicated workers who make it possible. For more information, please visit <https://recoverymonth.gov/promotional-materials/recovery-month-toolkit>



## Hearing Voices by Laura H

Hearing Voices Network groups take the pathology out of hearing voices, seeing visions, having experiences that others might not experience or believe. Some of us have these happenings as a result of spiritual or mystic beliefs. Many of us need a little help in organizing, contemplating, and considering our experiences. Hearing Voices is a judgement-free, open-minded space to explore our sensory observations.

We are all the experts on our own experiences. The facilitator is a member of the group. We encourage open discus-

sion. We ask questions such as: Have you heard this voice before? Does it sound like anyone you know? What is it telling you to do, if anything? Why do you think it is speaking to you? Where have you smelled this odor before? Does it remind you of anyone you know? What do you believe about the vision you are seeing? We ask open-ended questions. We explore and negotiate with our experiences, we attempt to organize our thoughts...



### Affirmation:

*I'm allowed to take  
up space.*

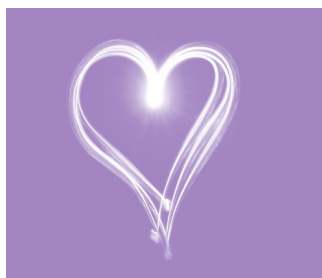
## Positive Thought - Affirmations

I'm allowed to take up space.

I'm courageous and stand up for myself.

I'm worthy of love.

My past is not a reflection of my future.



I'm allowed to take the time to heal.

I'm in control of how I react to others.

I'm doing my best and that is enough.

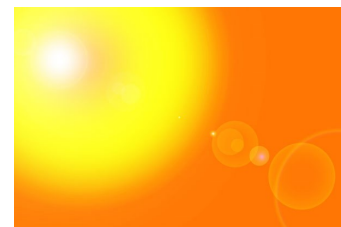
## Hearing Voices by Laura H (Continued)

My experience is that I see spirits and hear whispers, and smell odors like cigarette smoke when none is present. In addition to smelling cigarette smoke, I smell foul odors that others don't smell. I believe they are perhaps spirits lingering on my presence. I also believe the cigarette smoke is a flashback due to trauma.

Formerly, I was a hospice nurse for children and adults. I was with patients during their dying process. Often I went to

pronounce people dead. I saw spirits in the room. They were there in peace helping the person move from one world to the next. It was a very peaceful, spiritual experience for me.

This is only a glimpse of my world and unusual happenings. I am able to safely explore and organize my thoughts, beliefs, feelings, and existence.



## The Painter by Chris M

Volume 2, Issue 2

Feverishly with brush against canvas  
She attempts to capture the anxiety and pain  
That grips her tortured mind.  
Thoughts that race  
Just as the colors bleed  
Into each other.  
Not with any rhyme or reason  
Nor lines or shading,  
But melting into each other  
Just as the thoughts of her mind.  
One after another  
An avalanche of thought  
Keeping her awake  
To put brush to canvas  
And paint her pain and hurt away.



Paint brushes

## “Ken’s Home & Kitchen - Summer 2019” by Ken J

Summer is here and so is grilling season! Time to put out those bags of charcoal, buy those refill tanks of propane, and dust off your grill. While you are thinking about what those burgers and hotdogs will taste like, try grilling healthier choices this year. A lot of vegetables, such as zucchini, peppers, & eggplant grill well and have a great smoky flavor. Fruits like pineapples can be a hit as well at your table. Fish is another healthy option when it comes to protein. Using a piece of plank wood soaked in water is the best way to grill fish. The planks are sold in the grilling sections of many stores. If you still plan to grill burgers and steaks, make sure you are using ground beef with a low fat percentage and steaks that are lean with a lot of fat trimmed off. Another option could be turkey or veggie burgers and if you plan to grill chicken, try grilling skinless, boneless chicken breast! Low sodium seasonings like Mrs. Dash add flavor to your food

without all the salt. There are other herbs and spices you can mix on your own to make a signature seasoning without adding the salt. And let's not forget the lemon and lime juices!

Safety is another important topic when it comes to grilling. You do not need a ton of lighter fluid to pour on charcoal to start a grill. If you have a charcoal grill, you can use a grill chimney to safely light your charcoal. Afterward, you can pour it into your grill when the flames diminish. For propane grills, always make sure you keep track of how much propane you have. If you need to change it, make sure that the seal is screwed on tight with no leaks. Always remember to clean your grill before you use it to get rid of any dirt or bacteria from the last time you used it. May your grill cook a plentiful nutritious feast, and Happy Grilling!!

“May your grill cook a plentiful nutritious feast, and Happy Grilling!!”

- Ken J.



Hearts And Ears was at Oriole Park at Camden Yards for the Strike Out Stigma baseball game.

We are Team Hearts and Ears! And, the Orioles won!

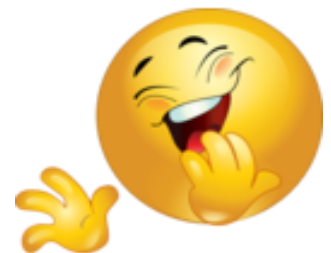
*Affirmation:*

*I'm worthy of love.*

## Joke Time!

How do you part the ocean?

With a sea-saw.



Laughing face

# I Love You, Baltimore: Baltimore Calendar

Volume 2, Issue 2

## Arts Of Asia

This event features a new art exhibit at **The Walters Art Museum** located at **600 North Charles Street, Baltimore, MD 21201**. The dramatic display offers a rich exploration of artistic traditions from diverse cultures and regions across India, Nepal, Tibet, China, Korea, Japan, Myanmar, Thailand and Cambodia. The museum opens at 10am and the Arts Of Asia exhibit availability repeats weekly Sunday and Wednesday through Saturday -- until Thursday October 1, 2020. Admission cost is free.

## Thursday Night Comedy

Join **Baltimore Improv Group (BIG)** for free shows every night of the week! Shows at The BIG Theater in Station North now include improv comedy (of course!), stand-up, and sketch. At 1727 North Charles Street, Baltimore, MD 21201. Baltimore Improv Group's weekend starts early with a rotation of wild Thursday comedy shows weekly on Thursday, 7:30 p.m. to 9:30 p.m. – until December 26, 2019.

## Casually Dope: Improv Comedy

Casually Dope invites you to start your Saturday night with us. Turning the stories of our community into comedy, each show we'll invite a guest or just chop it up with the audience and use those discussions to create a show like none other. You might learn something, you might not, but you'll definitely leave full of laughter. At 1727 North Charles Street, Baltimore, MD 21201. Baltimore Improv Group's Casually Dope happens weekly on Saturday, 7:00 p.m. to 8:00 p.m. – until December 28, 2019.

## Group & Event Schedule — June-October 2019

	Wednesday	Thursday	Friday	Saturday
1 <sup>st</sup> Week	12-1p Wellness Check-In 1:30-2:30p Art Therapy	12-1p Wellness Check-In	12-1p Wellness Check-In 3-5p Movie Day	11-12p CMA Group 12-1p Wellness Check-In 1-2:30p Hearing Voices Group 3-4p TransMasculine Support 4-6p Dual Diagnosis Support
2 <sup>nd</sup> Week	12-1p Wellness Check-In 1:30-3:30p Music Appreciation	12-1p Wellness Check-In 2:30-3:30p Newsletter Group	12-1p Wellness Check-In 3-4p Game Time	11-12p CMA Group 12-1p Wellness Check-In 1-2:30p Hearing Voices Group 3-4p TransFeminine Group 4-6p Dual Diagnosis Support
3 <sup>rd</sup> Week	12-1p Wellness Check-In 1:30-3:30p Art Therapy	12-1p Wellness Check-In	12-1p Wellness Check-In 3-5p Movie Day	11-12p CMA Group 12-1p Wellness Check-In 1-2:30p Hearing Voices Group 3-4p NB/GNC Support 4-6p Dual Diagnosis Support
4 <sup>th</sup> Week	12-1p Wellness Check-In 1:30-3:30p Music Appreciation	12-1p Wellness Check-In 2:30-3:30p Newsletter Group	12-1p Wellness Check-In 3-4p Game Time	11-12p CMA Group 12-1p Wellness Check-In 1-2:30p Hearing Voices Group 3-4p Support In Transition

### Hearts And Ears

611 Park Avenue, Suite A

Phone: 410-523-1694

Email: [info@heartsandears.org](mailto:info@heartsandears.org)

Hearts & Ears is open Wednesday — Saturday 10a — 6p. The center is closed Sunday-Tuesday (this does not include after-hours events). We are also closed on major holidays (i.e. Thanksgiving, Christmas, & New Years). For more information, call 410-523-1694.

WE'RE ON THE WEB!  
[HEARTSANDEARS.ORG](http://HEARTSANDEARS.ORG)