

ACIDD News

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• **Special Points of Interest:**

We are hosting an Open House on December 16th from 5:00 - 7:00 pm!

We are still collecting canned items for our food drive so bring by any spare items you may have hiding in your pantry!

An Inside Look: Tina’s Recovery Journey

Tina was leading a fairly typical life, which included working a full-time job and being married to her husband of many years. However, almost two years ago, her life was turned upside down suddenly: she was laid off from her job of 13 years due to budget cuts and then she and her husband got a divorce. These events led to Tina having to leave her home and move in with her sister, who graciously opened her home. Tina acknowledged that she always struggled with some symptoms of Depression, but it was not until the pieces of her life broke apart that she became too overwhelmed to manage it on her own. With the significant loss of what once was her identity, she simply could not find the strength to pick up the pieces and put them back together again. Tina felt like her Depression grew and grew until it controlled her life and her

thoughts, which became dark and questioning. Tina found herself at a crossroads that so many with Depression come to throughout their life: end her life or keep fighting and get help.

Thankfully, Tina chose to fight! Since that decision, Tina has been attending outpatient therapy and medication management on a regular basis. Tina also chose to join ACIDD Maryland’s Psychiatric Rehabilitation Program to have someone work with her personally to identify new goals for her life and help her create a plan to reach those milestones. Tina has enjoyed working towards her recovery goals with staff and recently shared that the program has helped her with “getting information to help [me] with getting a computer (to search for jobs and take online classes) and with



learning information about Social Services and Social Security that the average person doesn’t know anything about”. Although Tina continues to struggle with her symptoms, she continues to fight and recognizes that the PRP program “opens up a lot of doors and avenues” to help her on her road to recovery.

We are so proud of Tina and the progress she is making in taking control of her life and her mental health! It’s encouraging to see how far she has come already and we can’t wait to see what comes next in her journey.

WRAP for the Holidays

Mary Ellen Copeland is the creator of the WRAP program (Wellness Recovery Action Plan), a self-help and awareness tool individuals can use to manage their mental illness. By creating a wellness toolbox full of coping strategies that are selected by each individual, every person who develops a WRAP has their own unique strategies to use when things are becoming stressful. For many people, the holidays can be a particularly

trying time with the added stress of family, finances, and even travel. Drawing up an action plan ahead of time can help you prepare for specific triggers and give you a back-up plan in case things change at the last minute. While making your plan, you should think back to a holiday season you have fond memories of and plan how you can recreate some of the good things that happened. Focusing on the positive, being mindful of

yourself and how you are feeling and coping throughout the holiday season, and using your daily maintenance plan to take care of yourself will all help keep you on track and avoid feeling rushed or overwhelmed during this season. ACIDD Maryland will be hosting a workshop on this subject on December 30th at our Columbia center. See our onsite calendar for additional details, or give us a call if you’d like to RSVP to attend!

Celebrating the holidays with an Open House



With the holiday season already here and the end of the year just around the corner, ACIDD Maryland would like to take a moment and celebrate with our friends, partnering agencies, and the community at large. We are hosting a special Open house event at our Columbia center on December 16th from 5:00 - 7:00 pm. We're thrilled to continue meeting involved members of the community, sharing information about our plans for expansion throughout the next year, and networking and continuing to learn from the incredible agencies around us already involved in this valuable work.

Part of our celebration includes our upcoming expansion next year into Prince George's county: developing the

plans for our corporate headquarters as the new space we have recently purchased for a wider range of services. We have been taking requests and soliciting input from current clients regarding what options they would most appreciate having access to, which has been both eye-opening and encouraging.

We are opening ACIDD Counseling at 300 Thomas Drive, our headquarters in Laurel. The Counseling Center will offer therapy services to individuals (both youth and adults) and groups. We hope to continue offering flexibility in terms of meeting times and places, as our offsite services in Howard County have been very well received. We are eager to bring on new clinicians (LCPCs, LCSWs, DSWs,...) to provide these services to the Laurel and PG County communities. Please contact us or visit our website if you or someone you know may be interested in learning more about this new opportunity.

Launching an Outpatient Mental Health

Clinic (OMHC) in 2015 also will allow us to support individuals with a broader range of diagnoses and come alongside those who may feel overwhelmed by stress or anxiety.

We are hopeful that this time celebrating together will help us reconnect with partnering agencies and will focus our next steps as we prepare to take on another year of providing services to those with a severe and persistent mental health illness. We greatly appreciate the support that comes with being a part of the mental health community within Howard County, and look forward to seeing many of you and celebrating this year together on December 16th! Please await an Invitation from us by email for celebrating this event together!

"...the recovery journey is a series of small steps..."

From the Programs Development Director's Desk...

It is hard to believe that the year is already wrapping up, but it is also exciting to look back and see all the ways ACIDD continues to grow and expand with each passing month. We have new individuals joining our programs each week and it is incredibly encouraging to see these individuals making progress forward and surprising themselves with what they can accomplish! Our feature story this month (on the front page) celebrates the successes of one such program participant, and we could not be more thrilled to be part of her journey! In addition to our offsite

work, each week, we offer a new group or workshop opportunity at our center for consumers. We have seen consumers find new jobs that they enjoy, apply for and receive health insurance, and begin developing healthier support systems around them. We know the recovery journey is a series of small steps with one success leading to another, and individuals like Tina are taking so many new steps recently that we cannot wait to see all that they accomplish.

With so many changes and new events happening, we decided to host a special Open House Celebration! The

event on December 16th is open to others in the mental health community, including our wonderful partnering organizations, and will give us all the opportunity to network, enjoy some light refreshments, and share some exciting news about our expansion plans for the next year. If you would be interested in attending, please send an email to me at anika@acidd.us. and I will send you all the details- we would love to have you join us!

We wish all of our consumers and their families, our staff, and our partners a wonderful holiday season!

