



# PEER *connections*

A PUBLICATION OF THOMAS M. WERNERT CENTER | SEPTEMBER 2023

## RECOVERY IS BEAUTIFUL!

# September is Recovery Month

National Recovery Month has been celebrated in September nationwide since 1989. This initiative was started by the Substance Abuse and Mental Health Services Administration (SAMHSA) to increase awareness about mental illness



Photos from Recovery is Beautiful 2022

and substance use. Recovery Month is an opportunity to recognize the millions of Americans in the recovery community. For many, this is a time to acknowledge their achievements, milestones, and overall journey.



## JOIN US FOR Recovery is Beautiful

Saturday, September 9, 2023  
11:00 AM to 3:00 PM

Thomas M. Wernert Center  
208 W. Woodruff Avenue

The Mental Health & Recovery Services Board of Lucas County, the Recovery Council, and numerous area service providers are planning an afternoon of FUN for the recovery community, their friends, and families.

Enjoy live entertainment, bounce houses, food, face painting, arts and crafts, outdoor games, and much more with your peers.

## NOMINATIONS ARE OPEN FOR TMWC VOTING MEMBER ELECTED TRUSTEES

The TMWC Board of Trustees is made up of an equal number of TMWC members and community volunteers. TMWC is looking for TMWC member nominees who have the passion and knowledge to fulfill our mission. Board meetings are used to discuss matters related to the governance of TMWC operations and programs.

Eligible members are invited to apply for Member Elected Trustee positions that will be available in November 2023. **Those interested must turn in a board application by 3:00 PM on Friday, September 15, 2023.** Board applications can be picked up at the front desk. Elections will be held at a November Annual Meeting (date to be determined.)

## INTERESTED IN BECOMING A BOARD MEMBER?

If you are interested in being a member of the TMWC Board Trustees, please see a current member trustee for more information.

### CURRENT MEMBER TRUSTEES:

Amanda Denniss   Georgia Humbarger  
Troy Deters   Evamae Lavoy  
Henry Hartford   Warren Frary

## ORGANIZATIONS WE LOVE

# THANK YOU YWCA OF NWO

The Lucas County area is rich with organizations that can help you or a loved one in a time of need. Thomas M. Wernert Center is fortunate to be able to collaborate with other organizations to help enrich the lives of our members.

Most recently, the YWCA of Northwest Ohio Healthy Connections program joined with

TMWC in providing breast education and awareness to women members.

YWCA Healthy Connections is one of five major service programs at YWCA and includes the Breast Cancer Awareness and Early Detection Program. Kim Sanders, Healthy Connections Director, made several presentations to members

**eliminating racism  
empowering women**  
**ywca**  
**northwest ohio**



on topics including the importance of breast health, self-care, and healthy boundaries. In addition, The Mercy Mobile Mammogram Van was made available to members twice throughout the summer, providing access to mammography services.

Thank you to the YWCA and Mercy Health for working with TMWC to provide this important information and service to our women members.

For more information on the YWCA of Northwest Ohio and its services, please visit [www.ywcanwo.org](http://www.ywcanwo.org)

## MEET ALYSSA!

## NEW FACES AT TMWC



“I’ve always wanted to teach others about art,” says Alyssa, TMWC’s new Expressive Arts Coordinator. Since joining the staff in April, Alyssa is busy planning engaging projects and overseeing daily open art opportunities for members to explore their own ideas. “Hosting open art sessions and observing what interests each member is inspiring,” Alyssa says. “I love fostering a space that encourages creativity.”

Alyssa is a recent graduate of Lourdes University where she studied pre-art therapy and psychology, although she originally wanted to become an environmental scientist. She credits her high school art teacher with inspiring and encouraging her to follow her passion and pursue a career in art. “I am grateful to be able to do my favorite thing in the world while building meaningful connections with others,” says Alyssa.

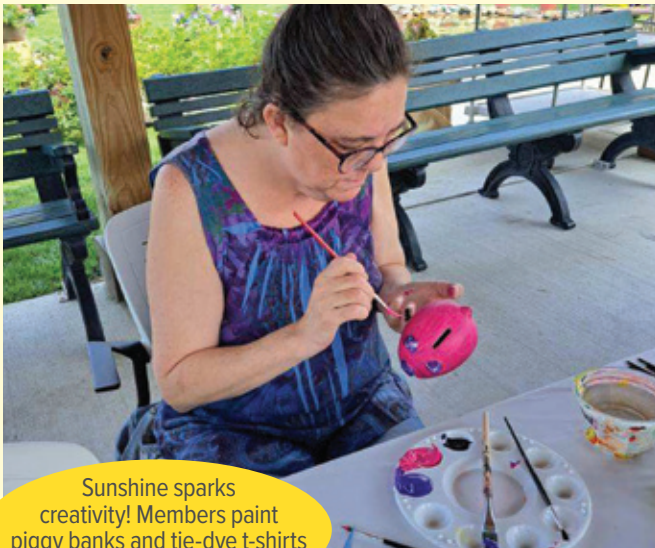
Outside of art and work, Alyssa enjoys traveling to new places to go camping and hiking, trying new foods, and spending time with her cats – Piper, Murphy, and Boogie.

***Welcome, Alyssa! We are glad to have you on our team.***

# PEER SUPPORT IN ACTION



Get out of town! TMWC tripped to Grand Rapids, OH to pick flowers and Oregon, OH for a sweet treat!



Sunshine sparks creativity! Members paint piggy banks and tie-dye t-shirts in the garden.



TMWC's Outreach Team attend local events to talk peer support and mental health with the community.



THOMAS M. WERNERT CENTER  
FOR MENTAL HEALTH RECOVERY & SUPPORT

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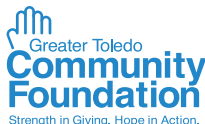
**MISSION**

To improve the quality of life for persons living with mental illness by offering hope and peer-driven programs that address recovery through education, advocacy and peer support.

**BOARD OF TRUSTEES**

- Deborah Riley-Jackson – President  
Fair Housing Center
- Amanda Denniss – Vice President
- George Monger, CPA – Treasurer
- Evamae LaVoy – Secretary  
Community Volunteer
- Jesse Baum – Glass City Academy
- Timothy Cummins – US Coast Guard Marine  
Safety Office Toledo
- Raina Dawson – Advocates for Basic Legal Equality
- Crystal Heft – Aetna of Ohio
- Henry Hartford – Community Volunteer
- Troy Deters – Community Volunteer
- Warren Frary – Community Volunteer
- Georgia Humbarger – Community Volunteer
- Patricia J. Robb – Executive Director

SUPPORTED BY:



**Saturday, October 14, 2023**  
**6:30 p.m. - 9:30 p.m.**

**HALLOWEEN@HENSVILLE**

(In The Stadium Concourse - Dress for the Weather)

**COSTUMES ENCOURAGED!**

**Live Auction**

**Dinner - Great Silent Auction Items - Free Parking  
Games - Live Entertainment - Cash Bar**

**Tickets \$50 in advance / \$60 at the door**

**For Reservations, Contact Abbey Riley  
[heartandsoultoledo@gmail.com](mailto:heartandsoultoledo@gmail.com) or 419-764-4387  
[www.heartandsoultoledo.com](http://www.heartandsoultoledo.com)**

**Proceeds will benefit Northwest Ohio Psychiatric Hospital  
and Thomas M. Wernert Center.**

*An event to raise awareness for mental illness  
and help erase the stigma associated with it.*