



PEER *connections*

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DEFINING SUCCESS

Troy's Journey to Recovery

Troy has been navigating his mental health and addiction recovery for many years. Having overcome drug addiction at an earlier age, he was teaching at the college level and was working on a PhD in Philosophy when he was diagnosed with schizophrenia. He spent two weeks wandering the streets, trying to get help before his family brought him home for treatment.

Troy is no stranger to understanding the hard work necessary to focus on his mental health recovery. "The first time I fell out of treatment, I was an alcoholic, got evicted, and ended up homeless," Troy says. He has now been sober for eight years and has been an active member of the Thomas M. Wernert Center for the past three.

Since coming to TMWC, he has continued on his path of recovery. Troy explains that the encouragement offered by staff at TMWC has been essential to his recovery process. Receiving peer support, learning advocacy skills, and socializing with his friends in the Club Room are just some of his favorite things about TMWC. "I find Gardening Club to be particularly stress relieving," says Troy. "It gets me out of my apartment and I can visit with my friends." He enjoys sharing the fruits of his labor by cooking dinner with his family using ingredients grown in Gardening Club.



Troy uses his experience with mental health and substance abuse issues to teach himself and others the importance of staying on the road toward recovery. "Going through what I did helped me understand the importance of taking regular and consistent care of my mental health," he says.

Troy is a graduate of The University of Toledo and Texas A&M Graduate School. "I used to think I was successful because of my job and the letters after my name. Now I consider myself successful because I keep up with my recovery."

SMARTfit Available at TMWC

Thanks to the Mental Health Recovery Services Board of Lucas County, TMWC now owns a state of the art SMARTfit machine available for use by members.

SMARTfit engages members in physical activity that uses cognitive decision making, motor control, reaction skills, and more. According to TMWC Fitness Coordinator Lindsay, "SMARTfit has been shown to improve brain function, hand/eye coordination, balance and upper body strength." Members can track their progression through the SMARTfit app. "SMARTfit allows for up to eight members to participate, making it a great social activity with some friendly competition and fun," adds Lindsay.

Be sure to ask Lindsay any questions you may have regarding the SMARTfit.



TMWC Staff Changes

At its August 24 meeting, the Board of Trustees unanimously voted to hire **Patricia J. Robb** as the executive director of the Thomas M. Wernert Center, effective September 1, 2021. Patti became the development and communications manager at TMWC in August 2020 and was appointed interim executive director in January 2021. She has been successfully fulfilling the duties of both the executive director and the director of development and communications since that time, and has provided TMWC with stability, a forward-looking sense of purpose, and optimism. "The Board of Trustees has been very pleased with Patti's progress, performance, skill set, and compassion for those in recovery," says Lisa Urrutia, Board of Trustees President. Patti replaces Kelly Skinner, who resigned her position as executive director effective June 30, 2021.



Patricia J. Robb



Neil Powell

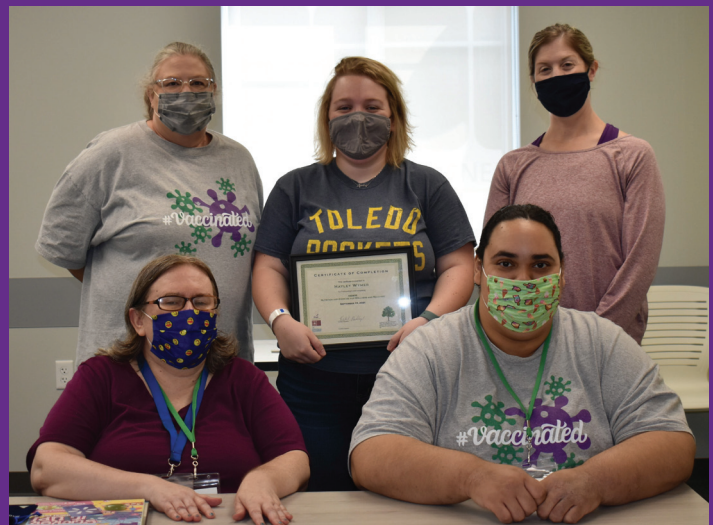


Janese Walters

TMWC staff member **Neil Powell** begins his new position as Expressive Arts Coordinator. The Expressive Arts Program is an enhanced version of the Fine Arts Program that has been in place at TMWC for several years. Expressive Arts programs and activities are open to all members, regardless of a person's artistic abilities. Visual arts, dance/movement, music, drama/theater, writing/poetry, and other creative processes are included in the program. Neil has served in several positions since joining the staff at TMWC in February 2016, most recently as Member Services Coordinator.

Peer Supporter **Janese Walters** replaces Neil as the Member Services Coordinator. In her new role, Janese will engage members in daily activities and skill building that helps promote recovery and self-sufficiency. In addition, she will provide coaching, oversight, and supervision of assigned employees and assist with the day-to-day administrative and operational activities of member services. Janese has been a Peer Supporter with TMWC since March 2019.

***Congratulations** to graduates of the NEW-R (Nutrition and Exercise for Wellness and Recovery). NEW-R is part of TMWC Peer Enrichment Program (PEP) that works with participants on building a healthier lifestyle. Pictured are members Patricia and Kristina (front row) and TMWC staff, Katie (PEP Coordinator), Hayley (PEP Specialist), and Lindsay (Fitness Coordinator).*



Members Share Their Experience

Area law enforcement and security personnel participated in a five-day training course to become certified members of the Lucas County Crisis Intervention Team. Among the 25 CIT participants were police, correction and probation officers, hospital security officers, university police, and Toledo Firefighters from 12 different departments.

The group visited on-site locations, including the Northwest Ohio Psychiatric Hospital (NOPH), Lott Industries, Zepf Crisis Center, and the Thomas M. Wernert Center (TMWC). During the CIT Training visit to TMWC, participants received a tour of the campus, information on programs and services offered, and took part in a discussion among members and staff.

Throughout the dialogue, officers took the time to actively listen to the concerns of members surrounding authority and mental illness. TMWC members appreciated the safe environment in which they could express their feelings, anxieties, and experiences to the officers. Both members and officers took full advantage of the opportunity to connect with one another.

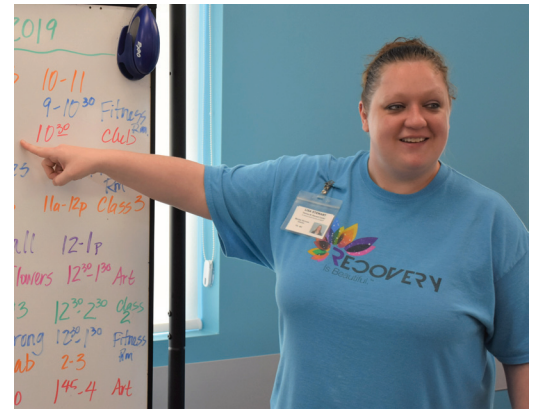
Thank you to our TMWC members and staff who shared their personal experiences. Your involvement is a testament to the power of peer support.



MEET LISA

Lisa has been a part of the Thomas M. Wernert Center staff since 2012. She currently serves as our Member Services Director, where she oversees clubroom programming, the transportation, the Gardening Program, and Food Services. Lisa started her journey at TMWC as an Occupational Therapy Assistant student. Following her graduation from Owens Community College, she continued to work as a contract employee before becoming a full-time staff member in November of 2013.

While working at TMWC, Lisa has seen firsthand how the opportunity for individuals to connect with someone who has a similar story is vital to a successful recovery. "A place like TMWC shows that people who live with a mental health diagnosis can do more than just survive, they can also thrive," Lisa says. She stresses the importance of the Peer Support provided at TMWC. "It's amazing how people overcome obstacles," Lisa explains.



After almost a decade of service, Lisa's favorite thing about her job is the members at TMWC. Although, she is known to provide members help with any problem they may have, she credits the members for continually teaching her about her own mental health. "When I am fortunate to have someone share a part of their story with me, I find myself learning something new that I can apply to my own recovery."

Outside of TMWC, Lisa enjoys playing board games and card games with her younger brother and spending time with her three cats, Hershey, Queso, and Butters. She considers herself a homebody, but enjoys going out to eat and cheering on her favorite Michigan sports teams, especially the Wolverines and Detroit Lions during football season.

"My biggest inspiration has always been my Mom," shares Lisa. "Although she has passed away, I still am inspired by her daily."

Something you may not know about Lisa is that her parents gave her a piano when she was five years old that she still plays today. Her fingerprints are most likely engraved in the ivory.

Thank you, Lisa for caring so much about our members. We are so glad you are a part of the TMWC team.




THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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 Get social with TMWC on
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MISSION

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

BOARD OF TRUSTEES

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- Theresa Nelson – Community Volunteer
- Patricia J. Robb – Executive Director





SUPPORTED BY:



HALLOWEEN@HENSVILLE

We look forward to celebrating with everybody again! Join us in raising awareness and funds to help eliminate the stigma associated with mental illness at the 18th annual Halloween@Hensville.

 **Saturday, October 23, 2021**
6:30 p.m. to 9:30 p.m. 
Concourse at Fifth Third Field
\$50 per person in advance | \$60 at the door

Your ticket includes dinner, entertainment, cash bar, and silent and live auctions. Costumes are encouraged...there will be a costume contest!

You can support **Halloween@Hensville** by attending, donating an auction item, spreading the word, or being a sponsor. Sponsorship levels range from \$100-\$2000.

Proceeds will go to patient facility upgrades at Northwest Ohio Psychiatric Hospital (NOPH), and programs and services for members of Thomas M. Wernert Center (TMWC). Since its inception, more than \$430,000 has been raised from this event.

For more information on how to purchase tickets, visit heartandsoultoledo.com. or call 419-764-4387.



Halloween@Hensville is an event by Heart & Soul: Caring for Our Community

October 2021

Mon	Tue	Wed	Thu	Fri
	<p>You must RSVP for Coffee Connections, Facebook Live Activities, and Virtual Bingo by contacting Mikaela at 419-764-5364 or mmyers@wernertcenter.org</p>			<p>1</p> <p>9:30 a.m. Trauma Informed Care for Members</p> <p>12:30 p.m. Trauma Informed Care for Members</p>
<p>4</p> <p>11:00 a.m. Peer Support Class 3 of 8 12:00 p.m. Women's Peer Support</p>	<p>5</p> <p>11:00 a.m. Wellness Tools for Recovery</p>	<p>6</p> <p>9:30 a.m. Gardening 11:00 a.m. Coffee Connections 11:00 a.m. WMR Class 2 of 10 12:30 p.m. DRA Support 3:00 p.m. Safe Zone: LGBTQ+ and Allies</p>	<p>7</p> <p>11:00 a.m. Diabetes Support 12:30 p.m. WRAP Graduation! 1:00 p.m. SA Support</p>	<p>8</p> <p>9:30 a.m. Gardening 11:00 a.m. DRA Support 12:30 p.m. Anger Awareness</p>
<p>11</p> <p>11:00 a.m. Peer Support Class 4 of 8 12:00 p.m. Women's Peer Support</p>	<p>12</p> <p>11:00 a.m. Wellness Tools for Recovery 12:30 p.m. Leadership Class 1 of 8 2:30 p.m. Bingo Group 1</p>	<p>13</p> <p>9:30 a.m. Gardening 11:00 a.m. Coffee Connections 11:00 a.m. WMR Class 3 of 10 12:30 p.m. DRA Support 3:00 p.m. Safe Zone: LGBTQ+ and Allies</p>	<p>14</p> <p>11:00 a.m. Diabetes Support 1:00 p.m. DBSA Support 2:30 p.m. Grief & Loss Support</p>	<p>15</p> <p>9:30 a.m. Gardening 11:00 a.m. DRA Support 12:30 p.m. Stress Busters</p>
<p>18</p> <p>11:00 a.m. Peer Support Class 5 of 8 12:00 p.m. Women's Peer Support</p>	<p>19</p> <p>11:00 a.m. Wellness Tools for Recovery 12:30 p.m. Leadership Class 2 of 8</p>	<p>20</p> <p>9:30 a.m. Gardening 11:00 a.m. Coffee Connections 11:00 a.m. WMR Class 4 of 10 12:30 p.m. DRA Support 3:00 p.m. Safe Zone: LGBTQ+ and Allies</p>	<p>21</p> <p>11:00 a.m. Diabetes Support 1:00 p.m. SA Support</p>	<p>22</p> <p>9:30 a.m. Gardening 11:00 a.m. DRA Support 12:30 p.m. Staff Diversity, Equity, and Inclusion Training</p>
<p>25</p> <p>11:00 a.m. Peer Support Class 6 of 8 12:00 p.m. Women's Peer Support</p>	<p>26</p> <p>11:00 a.m. Wellness Tools for Recovery 12:30 p.m. Leadership Class 3 of 8 2:30 p.m. Bingo Group 2</p>	<p>27</p> <p>9:30 a.m. Gardening 11:00 a.m. Coffee Connections 11:00 a.m. WMR Class 5 of 10 12:30 p.m. DRA Support 3:00 p.m. Safe Zone: LGBTQ+ and Allies</p>	<p>28</p> <p>11:00 a.m. Diabetes Support 1:00 p.m. DBSA Support 2:30 p.m. Grief & Loss Support</p>	<p>29</p> <p>9:30 a.m. Gardening 11:00 a.m. DRA Support 12:30 p.m. Stress Busters</p>

FOR MORE INFORMATION, PLEASE CALL 419-242-3000 AND USE THE EXTENSIONS LISTED BELOW

Depression/Bipolar Support Alliance (DBSA) – Support Meeting	Peer Support Class
Dual Recovery Anonymous (DRA) – Support Meeting	Schizophrenia Alliance (SA) – Support Meeting

Peer Support Class	Monday	11:00-1:00	In Person	Katie, ext. 103
Women’s Peer Support	Monday	12:00-1:00	Teleconference	Donna, ext. 106
Wellness Tools for Recovery	Tuesday	11:00-12:00	Teleconference	Hayley, ext. 124
Leadership Class	Tuesday	12:30-2:30	In Person	Katie, ext. 103
Wellness Management & Recovery	Wednesday	11:00-1:00	In Person	Katie, ext. 103
Dual Recovery Anonymous	Wednesday	12:30-1:30	Teleconference	Janese, ext. 120
Safe Zone: LGBTQ+ and Allies	Wednesday	3:00-4:00	Teleconference	Hayley, ext. 124
Diabetes Support:	Thursday	11:00-12:00	Teleconference	Katie, ext. 103
DBSA	Every other Thursday	1:00-2:00	Teleconference	Donna, ext. 106
SA	Every other Thursday	1:00-2:00	Teleconference	Lori, ext. 117
Grief & Loss	Second & Fourth Thursday	2:30-3:30	Teleconference	Sarah, ext. 116
Dual Recovery Anonymous	Friday	11:00-2:00	Teleconference	Janese, ext. 120
Stress Busters/Anger Awareness	Friday	12:30-1:30	Teleconference	Donna, ext. 136

- You **do not need to RSVP** for a Virtual Support Meeting.
- You **must** RSVP for Coffee Connections, Jackbox TV Games, and Virtual Bingo by contacting MIKAELA AT 419-764-5364 or mmyers@wernertcenter.org

We are transitioning from Free Conference to GoTo Meeting. Below are instructions:

- Dial **877-309-2073**
- You will be prompted to enter this access code – **673-795-493**, followed by a pound (#) sign (# is called a pound sign)
- Listen for the command: Press # for audio. (a pin is not needed)
- You may be placed on hold until the meeting facilitator is ready for you. Please be patient.



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