

SPRING 2019 | ISSUE 2

THE PROS NEWSLETTER

The Official Newsletter of PROS on Broadway

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We're on Facebook!



[Facebook.com/NortheastCareerPlanning](https://www.facebook.com/NortheastCareerPlanning)

The PROS program is part of a larger organization, Northeast Career Planning. The Facebook page for Northeast Career Planning posts important information about closings and shares what is happening at the agency. Make sure to "like" Northeast Career Planning on Facebook to keep up with the latest news!

Holiday Closings

Please note the upcoming closing dates:

Memorial Day

Monday, May 27: CLOSED

Independence Day

Thursday, July 4: CLOSED

Friday, July 5: CLOSED

FREE COMMUNITY EVENTS

Free Organ Concert Series Tuesdays at 12pm

Proctors in Schenectady holds free monthly organ concerts.

May 7- Bill Gaillard & Sandy Johnson

June 18- Malcom Kogut

Albany Tulip Fest May 11-12

The 71st annual Tulip Fest will take place Mother's Day weekend. Tulip Fest celebrates the city's rich Dutch heritage and has food and craft stands, live music, and, of course, lots of beautiful tulips.

Sunday Board Game Brunch Sundays 11am - 5pm

Bard & Baker is a relatively new Board Game Cafe located in Troy at 501 Broadway. They have 500+ games, so bring a friend or make a new one!

Did You Know...

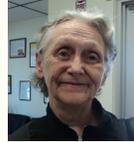
Members of CDPHP's Medicaid Managed Care plan can earn gift cards for healthy behaviors. Members who adhere to their anti-psychotic medications for three consecutive months are eligible for a \$25 gift card. Gift cards are also available for completing other healthy behaviors. Call the CDPHP Behavioral Health Access Center at 1-888-320-9584 for more information about the gift-card incentive program!



MEET OUR PEER MENTORS & VOLUNTEERS

Each semester, we will feature one of our peer mentors or volunteers

Dora-Lynn G.



"Hello all. My name is Dora-Lynn and I have been attending PROS for quite a few years. When I started, I had very few coping strategies and they were all causing negative consequences in my life. PROS has had an overall positive effect on me from day one. I could not have reached and attained so many goals without the knowledge, support, and encouragement that I have received from the people at PROS.

A normal progression for me in my recovery was to go from practicing coping strategies to teaching and speaking about them to others. Volunteering at PROS has given me the opportunity to practice teaching these skills to people I know, making this opportunity a lot less scary while being a wonderful learning experience for me. I also feel honored to provide value and insight to others.

The group that I run for PROS is something that I have a lot of passion for. The information I share about in "Everyday Coping Strategies" are lived experiences. The strategies and coping skills are all things I have learned at PROS. In my group, I will impart how I began using these strategies in my own life and how they have ultimately benefited me. I also try to discuss with people the barriers they are experiencing in their lives."



PROS Turns 7!



May 3, 2019 marked the 7th anniversary of the PROS program! Participants and staff celebrated with a Cinco de Mayo themed party, complete with tacos and a cake. There was music, dancing, coloring, and Bingo where participants were

able to win Hannaford gift cards and other prizes. It was a fun time celebrating all that PROS has done!



Success Story

GREGORY A.

"My name is Gregory, I have been in PROS since 2012 and have received ongoing rehabilitation services. My main goal is to stay stable in the community utilizing the right kinds of help. I continue to do well in the community. I have learned and use my coping skills. I use my self-awareness skills to know when to ask for help and what kind of help I need. Despite obstacles and coping with grief, I continue to do well and focus on keeping a positive attitude. I have had setbacks that I have overcome by using my supports in PROS and in other networks. The best goal for me to have is keep things going the way they are moving forward. I have kept my job for 12 years using the support at PROS and by working on my communication skills and coping skills. All of my professional relationships are good. I know what I need to do to keep my job and be professional and when to talk things through with my counselor."

Wellness Corner

Spring Into Better Wellness!

With the weather getting warmer and the sun staying out later, here are some ways you can spring into better wellness:

Take a walk

Did you know your body makes vitamin D whenever your skin is exposed to the sun? Spending a few minutes outdoors can give you your daily dose of vitamin D, plus it can help you burn some calories and clear your head. Put on a podcast, a meditation app, your favorite music, or invite a friend!

Do some Spring cleaning

Dust can trigger allergies and asthma, but clutter can affect your health too! Disorganization can make it hard to find the things you need, and too much clutter can cause anxiety. Whether it's a drawer, a room, or your whole house, try to do some spring cleaning- your body and mind will thank you.

Set aside time for self-care

Self-care is critical to mental and physical health, but many of us don't set aside enough time for ourselves. Make a list of the things that bring you joy, and try to incorporate at least one into each day. It could be as simple as reading a chapter in a book or taking a bath. (And if you enjoy pampering yourself as self-care, make sure to check out the DIY Beauty class to learn how to make your own natural beauty products!)

CRISIS RESOURCES

National Suicide Prevention Hotline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.
1-800-273-TALK
(8255)

Warm Line

The Warm Line provides confidential peer support and self-help.

When to call:

- When you want to talk to someone confidentially
 - When you feel sad or lonely
 - When you are upset
 - To discuss a decision
 - When a friend or family member does not understand
 - When you feel hopeless
 - When you are depressed
- (607) 433-0661
or 1-800-377-3281

The Warm Line is not a crisis hotline.

Spring 2019 Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

8:30-9	Planning Your Week			Morning Stretch	
9-9:45	Welcome to PROS Coping With Feelings	Understanding My Diagnosis Problem Solving	Interview Prep Stress Management	Coping With Anxiety Don't Worry, Be Happy	What's Up With These Meds Resiliency 101
10-10:45	Handling A Crisis Sustaining My Sobriety Motivation	Can You Cope Without The Smoke? Healthy Relationships Relieving Loneliness	Coping With Job Seeking Anxiety Who Am I? A Journey To Self Awareness Building Boundaries	Coping With Bipolar Depression DBT Emotion Regulation My Ideal Self, Where Do I Start?	Bullet Journaling for Mental Health Exploring Spirituality DBT Mindfulness
11-11:45	WRAP Part II Chronic Illness Support Breaking Bad Habits	Wit, Wisdom & Whatever: Wellness Support For Women Over 40 I Am Enough: Learning Self Acceptance Everyday Social Skills For Your Community	Becoming A Peer Mentor Learning to Budget Meditation and Relaxation	Understanding My Reality Coping With Depression Impulse Control	Gaming Through Stress Coping With Change DBT Interpersonal Effectiveness
11:55-12:30	Couponing (Activity) Living With Autism	Workout Wonders	Job Seeking (Activity)	Everyday Coping Strategies (Activity) Balancing My Diet	Gardening (Activity)
12:30-1	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:15-2	DBT Distress Tolerance Basic Kitchen Safety I	Self Esteem Looking Good, Feeling Great	Assertiveness & Self-Advocacy Dealing With Difficult People	PROS Advocacy Board Constructive Communication	Exploring Your Community I Healing Emotions Through Writing
2:15-3	Healing Emotions Through Art Basic Kitchen Safety II	Sex, Safety & STDs DIY Beauty	Simply Successful Gardening (Activity)	Staff Meeting 2:30 - 4:30	Exploring Your Community II Relearning Sleep

THE CIRCLE OF CRAZY

A poem by Pebbles S.

We are all in a bunch, bonded together by a tweak of chemical imbalances in our brains.

Look at that well-dressed gentleman, perhaps he's a CEO at some large company.

I look at him; almost through him, and I can't tell where he fits in the circle of crazy.

His crisp suit and square toe shoes hide his secret of Schizophrenia. Yet, three years ago, he reeked of urine and was poorly clad. Do you see this woman sitting on the bus? Her hair is scraggly and badly matted hosted by unwelcomed guests of lice, her clothing is disheveled, and she smells of old garbage-

she is obviously in the circle of crazy. For she was recently diagnosed, her meds haven't kicked in yet.

That beautiful little girl who keeps opening and closing the refrigerator and freezer doors, to fill ice trays, she too is in the circle of crazy. She constantly without hesitance untie and tie her glittery sneakers. She has OCD.

I peer at the middle aged woman standing in front of me online at the grocers. Her circle of crazy revealed to me that she is a hoarder and can barely get in her house. Noticing her vehicle while we were outside, all the trash inside her car told me so.

Newscasters, entertainers, sports figures, political figures, church members, educators,

health care workers, law enforcers, service men/women, therapists, facilitators, psychologists, psychiatrists; MANY OF THEM HAVE THEIR DEGREES IN THE CIRCLE OF CRAZY.

I look at my ownself in the mirror, before going to spend time with my peers that are in what I affectionately call the circle of crazy.

I gaze deep in my reflection, making sure to take my much needed meds, and take notice of practicing my ADL'S, using my coping skills so no one will notice that inside I live with Borderline Personality- and that I too, am a proud member of the CIRCLE OF CRAZY.

NEW CLASSES

Each semester, PROS offers over 60 classes that focus on a variety of topics such as mental wellness, independent living, coping strategies, social relationships, anxiety and depression management, work, recovery, and more. Here's a look at some new classes that have recently been added to the schedule:

GARDENING (ACTIVITY)

Sunny weather means it's time to plant seeds! Gardening is a hands-on class where you can plant seeds in the community garden and watch them grow!

**Wednesdays at 2:15pm
& Fridays at 11:55am**

GAMING THROUGH STRESS

Board games are great tools for mindfulness and analytical thinking. Flex your brain, play some board games, and meet some new friends in this new class!

Fridays at 11am

UNDERSTANDING MY REALITY

This class is for people who struggle with persistent thoughts, paranoia, rumination, hearing voices and different types of delusional thinking. It is a safe space to connect with others who have similar experiences and learn how to manage your symptoms.

Thursdays at 11am

About PROS

What is PROS?

PROS stands for Personalized Recovery Oriented Services. PROS services are designed to help individuals develop strengths and skills to overcome barriers that prevent the achievement of life goals.

Who is eligible?

Individuals 18 years or older with a psychiatric disability, living in Albany, Schenectady, Rensselaer, and Saratoga counties and covered by Medicaid are eligible. Self-pay options are available.

Where do I go?

Northeast Career Planning's PROS is located in Menands, NY. PROS services include both classroom activities and individual counseling. A recreational room and on site cafeteria are available.

What can I expect?

There are over 70 (45 minute) classes covering a variety of topics for individuals to choose from. PROS services are offered Monday through Friday 9am to 4pm.



Are you or someone you know interested in PROS? Give us a call at (518) 465-5204 or visit our website, <http://www.northeastcareer.org> for more information.