



A New Beginning

Wings Across Alabama is dedicated to providing resources to consumers in need. It is important for everyone to know they have someone to lean on in troubled times. The past couple of months have displayed a movement in positive treatment for consumers. The Bryce Groundbreaking Ceremony marked a new beginning for many. The event itself meant so much to everyone involved. We are very pleased to have several articles and poems referencing how positive treatment and dedication is essential. Their articles and poems are a true testimony to successful recovery. Wings would like to say a special thanks to Sister Lucindia Claghorn, Jan McCurdy, and Ben Arthur for allowing us to share their stories.

The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be.

~Horace Bushnell~

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Important Dates and Reminders:

Wings will be participating in Operation Santa Claus sponsored by Mental Health America. We are blessed to have the opportunity to help consumers in need. If you are interested in becoming a part of Operation Santa Claus, please contact Mental Health America at 334-262-5500.

Legislative Day will be held March 10, 2011, at the Alabama State House. More information to follow.

Wings will begin training new WRAP facilitators in January.

Are you on Facebook?
We would love for everyone to join our Facebook page. We welcome any comments or quotes.



Wings Receives Award



The Board of Directors of Mental Health America in Montgomery held their 58th annual meeting and dinner on Tuesday, September 30, 2010. Mental Health America presented Wings with a special recognition award for dedicated service from 2004 to present. Volunteer, Ben Arthur, accepted the award on behalf of Wings Across Alabama. Pictured above is Ben Arthur with Honorable William O'Rear and Commissioner John Houston.

The award ceremony was such a prestigious gathering of venerable people. I was humbled and honored to be included on the guest list being such a new member of the Wing's office. I still felt I was among friends because there were so many familiar faces, many of whom have been instrumental in my personal recovery over the years. It was great to see everyone and be able to accept the award for Wings and all of our constituents.

~Ben M. Arthur~

From the Executive Director

Wellness and recovery are focused around three general areas. The first area, physical, is focused more on how to maintain recovery. Second, the emotional aspect is very important because it covers a lot of territory. Finally, the third area is spiritual and is the hardest one to put into words.

All three of these areas must remain in balance for someone to maintain a healthy recovery. These principles make up your environment for good and bad. Not only do these values determine how you are treated by others, but how well you treat others in return. What is most important is the recognition that everyone has these dimensions to themselves. When we impact people we need to meet them at a common place. Compassion and understanding always meet people at the highest level of their functioning. Bad environments and bad treatment reduce people's level of functioning and impair their sense of belonging and connectedness.

When we share our deepest spiritual and emotional values we help evaluate those around us to draw out of themselves what is most meaningful to them and consequently to all of society. The healing of the world starts with single people acting out of the kindness and compassion of an enlightened heart. Grace is from God but is shared between his children. The gifts of the spirit spread by his children are of the greatest healing power in creation. Words have power and can either heal or destroy. A kind, compassionate, and understanding disposition towards yourself and others is the key to recovery. When you give of yourself you participate in the mystery of a common bond that transcends earthly dimensions.

Robert Hermes, Executive Director



Executive Director, Robert Hermes was honored to be a part of the Bryce Groundbreaking Ceremony.

Bryce Groundbreaking Ceremony October 26, 2010



Pictured second from the left is Robert Hermes, ED from Wings Across Alabama.



Pictured with Wings Volunteer, Ben Arthur is Governor Bob Riley.



Ben Arthur performing his song entitled *Haven of Hope*.



Commissioner John Houston

Wings' Executive Director, Robert Hermes and volunteer Ben Arthur attended the groundbreaking ceremony for the new hospital located in Tuscaloosa. Robert was given the honor of breaking ground alongside dignitaries, such as, Governor Bob Riley and Dr. Robert E. Witt, President of the University of Alabama. Ben performed a song written especially for this occasion. It was truly a momentous occasion signifying a new day in treatment for those with a mental health diagnosis. The new facility will be state of the art in construction and in treatment.

2010 Institute for Organizational & Business Development

Executive Director, Robert Hermes, and State Coordinator, Kim Butterbaugh traveled to Anaheim, California the last week of September to attend the 2010 Institute for Organizational and Business Development. This conference was for non-profit organizations that have received a Statewide Family and Consumer Network grant through SAMHSA. They attended two days of informational seminars and heard from several excellent speakers. Many of the speakers were people they talked to on a regular basis concerning the grant, but were meeting for the first time. It was nice to finally put a face with a voice!

Robert stayed longer to attend the 2010 Alternatives Conference. He saw presentations from several speakers who had innovative ideas about the origins and treatment of mental illness. They provided colorful and humorous presentations illustrating the difficulties and challenges of dealing with mental illness.

Spotlight on Sister Lucindia Claghorn, SFO



I am Lucindia Claghorn, SFO, a member of Catholic Religious order-the Secular Franciscan Order. I have been a member for twenty-one years. I am a graduate from the University of South Alabama where I obtained my bachelor's degree in Criminal Justice Administration with 40 hours of psychology. I graduated with a G.P.A of 3.65 out of 4.00 which allowed me to graduate Cum Laude. I am a certified Peer Support Specialist from the Alabama Department of Mental Health. I am also a licensed amateur radio operator (Technician Class). Yes, I am a Ham!!

I began my professional life of ministry about fifteen years ago. My vocation is to empower mental health consumers and to alleviate the stigma associated with mental illness. To achieve these goals, I serve on the following boards: Wings Across Alabama, Mobile Advisory Commission for the disabled, Mobile Amateur Radio Club, apostolate to persons with disabilities (for the Archdiocese of Mobile). I am Vice President of the Cathedral of Immaculate Conception Altar Society.

The community has recognized my service with the following awards: In 2006, I received the Respect Award and the Reintegration Award; 2007 the Clifford W. Beer Award; 2008 The Hero in the Fight Award; 2009 Heart of Gold Award for exceptional volunteer service to the mental health community. All of these achievements are the result of hard work and a good treatment team at AltaPointe.

I have a major mental illness, Schizophrenia. I have tried to take the lemons life has given me and made lemon meringue pie. I hope to light the way for other consumers to take our rightful place as productive and happy citizens of our community. This road is not for the faint hearted. This road results in the treasured goal of recovery. It is my wish that every consumer is granted the opportunity to reach his/her dreams. Mental illness is not a death sentence into a world of despair. It is my most cherished mission to empower other consumers to realize their fullest potentials. Recovery is not only possible; it is only an attitude away. A person with a serious mental illness can not only survive; a person can thrive and continue to grow into a happy and productive member of society.

Wings Across Alabama Welcomes New Board Member and Staff

In October, the Board of Directors met and elected Sister Lucindia Claghorn, SFO to represent Wings in Region IV.

Wings would also like to welcome Sheila Scott as our new Peer Support Specialist. She will also be our affiliate for Region II.

Sister Lucindia and Sheila are both a huge asset to our team and we would like to take the time to say welcome and thanks to both for their hard work.

Terance Brown, Darlene Berry, Alvin Callier, Fannie Hicks and Ameya Scanlon remain dedicated board members. Thanks to all for your dedication and support.

Our Place

205 Max Luther Drive
 Huntsville, AL.
 Mon., Tues., Weds., & Fri.
 1:00 PM to 4:00 PM
 Thursday 1:00 PM to 8:00 PM
 Darlene Berry, Director

Clearview Center

308 Chisholm Street
 Montgomery, AL. 36110
 334-868-2882
 Open Tuesday & Thursday
 12:00 PM to 5:00 PM
 Jeri Robinson-Ellakany.

Cahaba Center

302 Franklin Street
 Selma, AL.
 334-418-6525
 Open Monday-Friday
 1:00 PM to 6:00 PM
 Lewis Fincher, Director

Friendship House

505 19th Avenue North
 Tuscaloosa, AL.
 205-345-1534
 Open Monday-Thursday
 8:00 AM to 2:00 PM
 Sandra Ryder, Manager

The 1920 Club

1920 10th Avenue South
 Birmingham, AL.
 205-933-6955
 Open Monday-Friday
 10:00 AM to 3:00 PM
 Vickey Pierson, Director

SO-MI Center

4351 Midmost Drive
 Mobile, AL. 36609
 251-342-0261
 Open Monday-Friday
 7:00 AM to 3:00 PM
 Terance Brown, Director

The Power of Our Place!

By Jan McCurdy

Our Place is welcoming consumers!
 They come socializing
 But it is not Our Place Duty.
 We share our
 Good and Bad
 We go back into the Community
 Peer Support is Wonderful
 When we need help
 When we get the answer
 We accomplish our task.
 We do get along with each other
 It is not easy.
 Sometimes we get irritated with each other
 But we have to be calm and
 What's on our mind
 We must "say it."
 Don't hold it in
 Be assertive
 And everyone around you
 Will understand
 It was all - A Plan!

Wings' Mission Statement

Wings' mission is a dedication to making positive change in the lives of consumers through education, advocacy, training services, and technical assistance as well as through building a strong network of consumers across Alabama, with the recognition that inclusion, peer support, true community involvement and participation, self-empowerment, and quality mental health services are key ingredients to recovery.



Leadership Institute of Alabama Family Ties

LIFT is an educational program sponsored by Alabama Family Ties, Inc designed to provide leadership training for families of youth with mental health challenges.

Alabama Family Ties believes that our Leadership Institute will help educate families to become better advocates for their children. These training sessions will teach families how to become leaders in their community who are knowledgeable of what is needed to provide a better system of care in Alabama. LIFT is an *intensive* educational training program. LIFT will provide knowledge that you need to be an advocate, collaborator, and leader for your family as well as others.

LIFT's requirements are...

- Your desire to become a leader, which will help your family as well as other families by improving the health system for Alabama's children
- You are a family member caring for a child under 25 with a mental health need
- Your child is receiving mental health services from one or more agencies in the public sector or in the private sector. Examples are: mental health, education, child welfare, or juvenile justice

With application approval, LIFT will provide materials, lodging, mileage reimbursement, and meals for training sessions.

FOR MORE INFORMATION, OR TO APPLY FOR CONSIDERATION CONTACT:

Alabama Family Ties, Inc.
PO Box 11143
Montgomery, AL 36111-0143
(334) 240-8437 or
(877) 834-0615 (toll free in state)
(334) 240-0907 fax
help@alfamilyties.org
www.alfamilyties.org



Visit our website at

www.wingsalabama.org

Consumer Information line available

Monday- Friday

334-395-7616-local

888-946-4725-toll free

National Suicide Prevention Hotline

800-273-8255

Community and Human Services

(Crisis Line)

211

Membership Form

Wings would like to invite you to become a member or renew your existing membership. Our office would be proud to have you as a member and would like to take the time to renew memberships for existing members. Please mail the completed form to Wings Across Alabama-P.O. Box 211286, Montgomery, AL 36121.

Please check the appropriate box

New Member Renewal

Membership Dues:

- | | |
|--|---------|
| <input type="radio"/> Consumer on Disability | \$2.00 |
| <input type="radio"/> Student | \$5.00 |
| <input type="radio"/> Consumer Not on Disability | \$10.00 |
| <input type="radio"/> Non-Consumer | \$20.00 |
| <input type="radio"/> Organization | \$50.00 |
| <input type="radio"/> Donation | \$_____ |

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____

Email: _____

Wings Across Alabama
P.O. Box 211286
Montgomery, AL 36121

