The Wellness Shack Inc. is a Peer Run Organization

- The people who use the Wellness Shack are the people who run the Wellness Shack

The Wellness Shack is a non-Profit Organization

- We do not charge for any of the services we offer

- We exist on the generous contributions of:
  The State of Wisconsin
  Bureau of Prevention, Treatment and Recovery
  
The Federal Government
  The Substance Abuse and Mental Health Association (SAMSHA)
  
The United Way of the Greater Chippewa Valley
  
Private Donations

Generous donations from our members

And the Generous help and assistance of volunteers
The Wellness Shack is a Recovery Center for Adults with mental health concerns

A Recovery Center is different from a Drop-in Center

A Recovery Center offers Evidence Based programs and Education that teach people about mental Illness/mental health and How they can manage and live with their unique symptoms or condition.

A Recovery Center offers Groups that are supported by Evidence Based Programs

A Recovery Center encourages its members to GROW in a healthy and positive manner toward Individualized and Personal Recovery
Programs at The Wellness Shack
The Wellness Shack utilizes several programs that show evidence of producing positive recovery results. These programs include:

- **Kathleen Crowley’s** 
  - Procovery

- **SAMSHA’s** 
  - 10 Components of Recovery

- **NAMI’s** 
  - 5 Pathways to Recovery

- **DRA’s** 
  - 12 Steps of Dual Recovery

- **5 Stages of Emotional Grief**

- **The Principals of Trauma Informed Care**
The Wellness Shack offers Groups that focus Attention on specific Programs

The General Support Group

The Procovery Group

Dual Disorder Group

Anxiety & Depression Group

Recovery 101 or 201
Occasionally, when there is an expressed interest, The Wellness Shack will offer limited Groups such as

- Christian Spirituality
- WRAP Planning
- Designing your Personal Plan for Recovery
- Peer Support Training
The Wellness Shack offers Groups that utilize specific Evidence Based Programs

**Anxiety and Depression Group**
Mondays 4:00pm to 5:30pm
The Group follows the 15 week lesson plan outlined by Lucinda Basset in her acclaimed “Attacking Anxiety and Depression” series

**Procovery**
Wednesday 4:00pm to 5:00pm
The Group focuses on what a person with a diagnosis of severe or chronic mental illness can do to take action toward moving forward with one’s life. Procovery challenges the common misunderstanding that a person must passively wait for the caregivers to come up with a solution or cure. Topics are examined and discussed for how to incorporate the ideas into one’s personal plan for recovery. This Group is supported by the Principals outlined in Kathleen Crowley’s book: ”PROCOVERY”.

**Addiction and Mental Health**
Thursday 11:30-12:30pm
Dual Recovery is a condition where an individual has both a substance abuse disorder and a mental illness diagnosis that occur at the same time. The Goals of DRA are:
1) To stop the pain and confusion of our illnesses; the consequences and problems our symptoms create, and our ineffective means of coping with them;
2) To maintain a safe recovery and prevent relapse;
3) To improve the quality of our lives. The group achieves these goals by working a variation of the 12 step program developed by Alcoholics Anonymous.

**General Support**
Thursdays 6:30pm to 8:00pm
This Group meets to offer support to members and offers general discussion of topics affecting people with any diagnosis. Individuals share the previous week’s events experiences, and concerns. A topic is generalized from members’ input. Individuals are encouraged to offer peer to peer support to the other group members. This Group is supported by SAMSHA’s 10 Components of Recovery, Wisconsin Peer Specialist Training’s: 5 Pathways to Recovery, and Nami’s Stages of Emotional Healing.
Governing Principals of the Wellness Shack
**SAMSHA’s 10 Components of Recovery**

1. Recovery emerges from Hope  
2. Recovery is Person-driven  
3. Occurs via many Pathways  
4. Recovery is Holistic  
5. Recovery is supported by Peers and allies  
6. Supported through relationships and social networks  
7. Recovery is Culturally based and influenced  
8. Recovery is Supported by addressing trauma  
9. Recovery involves individual, family and community Strengths  
10. Recovery is based on Respect
Wisconsin’s *Peer Support 5* Pathways to Recovery

1. Choice
2. Hope
3. Empowerment
4. Recovery Environment
5. Spirituality
Trauma Informed Care

1.
2.
3.
4.
5.
6.
7.
8.
Based on the Principals of the 3 Programs previously listed, The Wellness Shack has developed the Sanctuary Agreement

The Sanctuary Agreement is not meant to be a set of rules. It is an agreement of mutual respect and concern for the safe and respectful environment that many people with mental illness seek When they come through our doors
The Sanctuary Agreement

In order to make The Wellness Shack, Inc. a safe environment, our participants have thoughtfully created a Sanctuary Agreement. Participants of The Wellness Shack, Inc. are part of a larger community where recovery is achieved through responsibility for one’s behaviors. Our actions affect everyone in our community. Courtesy and recovery is not learned individually; it is practiced as a community. In response to this ideal, we, as a community, developed the following Sanctuary Agreement to create a safe community:

We agree to accept personal responsibility for our behavior.
We agree to respect and tolerate each other and our diverse needs and experiences with recovery in mind.
We agree not to disclose personal (confidential) information (such as phone numbers or addresses) unless that person has stated directly that it is permissible to do so.
We agree to keep The Wellness Shack, Inc. neat and clean.
We agree to respect personal limits on computer and phone use as stated on the sign up sheets.
We agree children of participants are welcome after consulting with staff and/or board members and proper supervision is guaranteed.
We agree to work together for positive resolution of any problem or concerns that threatens the Sanctuary Agreement.
However, certain behaviors will not be tolerated: physical violence, bullying and/or threats of any nature, stealing, and the use of alcohol, drugs, and tobacco.

When efforts to meet sanctuary expectations become a problem or a pattern, certain steps must be taken to protect everyone involved. If steps are taken, they will be documented.
Reiterating Sanctuary Agreement in one to one discussion.
Period of Detachment (POD.) The person will be proactive by taking a walk, retreating to the quiet room, stepping outside,...
Participant will be referred to the Sanctuary Committee to discuss approaches to well-being which may include an agreed length of POD.
How is the Wellness Shack run?

Members get involved by:

- Socializing with other members
- Attending and supporting Group Meetings
- Participating in activities

Some members find they want to be more involved. We find that they:

- Become a volunteer on a regular basis
- Help to run Groups and Activities
- Promote and nurture Recovery principals in themselves and encourage others
- Become involved on committees and Work Groups

After 12 months of positive involvement at the Wellness Shack, members are eligible to run for Election to the Board of Directors
How do we provide HOPE?
We support The Wellness Shack in ways that will keep it a Vibrant and Healthy place for people seeking to Recover from mental health issues.

We support each other towards healthy recovery.

We encourage our personal involvement and the involvement of others.

We Promote the Belief that People with mental illness can live, happy, fulfilling lives.

Living our Lives to Our fullest Potential.

see ME, not my illness.

I am not my diagnosis.