

The Wellness Shack, Inc.

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Who knows what iNAPS stands for?

iNAPS is the International Association of Peer Supporters. It was founded in 2004 by a group of peer specialists in Michigan. The organization was originally known as the National Association of Peer Supporters. By 2013 the organization had grown to include members from every state and several countries outside of the United States, so they changed their name to better describe the far-reaching impact of their members.

In the summer of 2013 iNAPS published the "National Practice Guidelines for Peer Supporters". The guidelines were recognized as both a consensus and guidance document for those who are providing or supervising peer support services. The document was the result of a six-month process that started with a task force convened at the 2012 iNAPS National Peer Supporter Conference. Working with an expert panel at SAMHSA headquarters, and over 1000 peer supporters nationwide the 12 core values of peer support were defined.

The Wellness Shack's volunteer peer supporters as well as our certified peer specialists all utilize these "Best Practice" guidelines when working with all members of the Wellness Shack. A copy of the iNAPS Best Practice Guidelines for Peer Supporters can be found in the TWS Volunteer Manual, and in the Team Room.

For more information on iNAPS visit WWW.NAOPS.ORG

Wellness Shack HOURS

SUNDAY	CLOSED
MONDAY	1-6PM
TUESDAY	1-9PM
WEDNESDAY	1-6PM
THURSDAY	1-9PM
FRIDAY	1-6PM
SATURDAY	CLOSED

WELLNESS SHACK Groups

ANXIETY & DEPRESSION GROUP	MONDAY 4:00-5:30PM
BIPOLAR GROUP	TUESDAY 2:00-3:30PM
SCHIZOPHRENIA SUPPORT GROUP	TUESDAY 3:30-5:00PM
SMART RECOVERY	TUESDAY 6:00-7:30PM
PROCOVERY GROUP	WEDNESDAY 4:00-5:00PM
GENERAL SUPPORT GROUP	THURSDAY 1:30-3:00PM
ANXIETY & DEPRESSION GROUP	THURSDAY 6:30-8:00PM
DUAL DIAGNOSIS RECOVERY	FRIDAY 4:00-5:00PM

GUEST SPEAKER at 1:30 PM on WEDNESDAY, MAY 3RD

Christine Varnavas, MS, TRE™ Facilitator has over 30 years experience in wellness education. She will be our guest speaker on May 3rd when she gives TWS members an introduction to TRE, (Tension & Stress Releasing Exercise). TRE is a technique that uses 7 simple exercises that release stress and tension from the body. Space is limited so sign up now!

12 CORE VALUES OF PEER SUPPORT
iNAPS National Guidelines

1. Peer support is voluntary.
2. Peer support encourages (realistic) hope.
3. Peer support is open minded.
4. Peer support is empathetic.
5. Peer Support is respectful.
6. Peer support facilitates change.
7. Peer support is honest and direct.
8. Peer support is mutual and reciprocal.
9. Peer support is equally shared power.
10. Peer support is strength focused.
11. Peer support is transparent.
12. Peer support is person - driven.

The Wellness Shack Thrift Sale

May 18, 19 & 20

The last time we did this, we raised \$1,200 for the Wellness Shack. As we did before, we ask members and friends to drop off items they wish to donate for the sale.

Please drop off your donations at TWS beginning May 8th.

Sign up at TWS to Help!!

Our Stories

After my discharge from Mayo Behavioral Health, I was looking for a place that I could go to a group to learn about Depression. Went online and found The Wellness Shack had this group. I started a trial run to see if this was a good fit for me. It took a while for me to get comfortable with opening up about myself, but I started talking. This was 5 years ago, since then I have grown with TWS. I became a facilitator for Anxiety & Depression Group, SMART Recovery Group, board member, and a Peer Specialist. Through this, I have become an advocate for Mental Health Awareness and The Wellness Shack. Without The Wellness Shack I feel that my recovery and coping skills would have not have happened so quickly. I have a great amount of respect for those members that have helped me with recovery.

Thank You and Proud to be a member of TWS

Robert Geiger

Want us to print YOUR story?
Email your story to wellnessshack@yahoo.com
In the subject line put: "My Story".
You can also drop them off at the Office.

* **We are looking for volunteers to:** *
* ● Lead an Art project ● Advise the Board *
* ● Lead a Craft project ● Clean Bob's desk *
* ● Help with Fundraising Events ● Publish newsletter *
* ● Help make TWS cards ● Review articles *

New in 2017

Each month we will be honoring a Volunteer who has shown exceptional service to others.

The Board of Directors is looking to appoint a person to fill an empty seat on the Board. If you are interested or know of someone who would like to be involved in the decision making process that directs TWS, please contact Bob Schrader. Apply by May 19th.
ELECTION SCHEDULED FOR JUNE 9

Volunteer of the Month
MAY
Nicole M.

